GOOD HOUSEKEEPING

SUMMER MEDITERRANEAN DIET

85 EASY RECIPES

Try Our 7-DAY Meal Plan

A DELICIOUS WAY TO **EAT HEALTHY**

THE BEST INGREDIENTS TO LIVE LONGER & FEEL BETTER

DINNER TONIGHT!
Meatballs with
Roasted Tomatoes
+ Chickpeas
p. 49

VISIT…

LANZAROTE Caliente.COM

THE FIBER
YOU NEED,
FAST AND EASY

Metamucil
5g of fiber
FIBER SUPPLEMENT
FIBER GUMMIES
Promotes digestive health*
Prebiotic plant-based fiber blend
NO SUGAR ADDED
ORANGE
NATURALLY FLAVORED

FROM THE #1-SELLING FIBER BRAND.^

Delicious Fiber Gummies to support your Digestive Health*

^PROCTER & GAMBLE CALCULATION BASED IN PART ON DATA REPORTED BY NIELSENIQ THROUGH ITS SCANTRACK SERVICE FOR THE FIBER SUPPLEMENTS (BRANDED ONLY) FOR THE 52-WEEKS PERIOD ENDING 04/09/22, FOR THE TOTAL U.S. MARKET XAOC, ACCORDING TO THE NIELSENIQ STANDARD PRODUCT HIERARCHY. COPYRIGHT © 2022, NIELSEN CONSUMER LLC.

* THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

GOOD HOUSEKEEPING

SUMMER MEDITERRANEAN DIET

Contents

MEDITERRANEAN DIET 101 p. 4
STOCKING YOUR KITCHEN p. 8
7-DAY SAMPLE DIET p. 12
BREAKFASTS p. 18
LUNCHES + DINNERS p. 32
SIDES p. 62
SNACKS + DESSERTS p. 78

Fils
ENCE

MEDITERRANEAN DIET 101

Everything you need to know about the Mediterranean diet, including health benefits, tips for sticking with the plan and more.

By **STEFANI SASSOS, M.S., R.D.N., C.S.O., C.D.N., NASM-CPT**

WHILE YOU MAY NOT BE ABLE to jet off on a sunny Mediterranean vacation right now, you can start eating as if you were there.

The Mediterranean diet is more popular today than ever before and for good reason. Not only has the diet been ranked number one for the past five years in a row by *U.S. News & World Report*, but researchers have been studying the diet for over half a century and continue to find tremendous benefits (more on that later). The real reason why the diet has gained such a following is that it's packed with high-quality, delicious foods that make healthy eating enjoyable and satisfying.

The approach focuses on an abundance of healthy, anti-inflammatory foods and doesn't cut out any major food groups. It's no wonder that Ikaria, an island in Greece, and Sardinia, an island in Italy, have both been designated as two of the five Blue Zones of the world where people live the longest.

Research consistently shows that consuming a Mediterranean-style diet filled with fresh fruits, vegetables, nuts, whole grains, seafood and heart-healthy fats can help to reduce the risk of strokes and total cardiovascular disease, including heart disease. It may also help in the prevention of type II diabetes. In fact, year after year, it is named the top diet by leading weight-loss analysts not only at *U.S. News & World Report* but also by our own Good Housekeeping Institute Nutrition Lab dietitians. Read on to learn more about how to follow the diet, including a full Mediterranean diet food list and a sample 7-day plan to kick-start your healthy eating journey.

WHAT IS THE MEDITERRANEAN DIET?

The Mediterranean way of eating is inspired by the traditional cuisines of Greece, Spain, Italy and France, among others. It does not involve any strict rules or restrictions, but instead emphasizes healthy fats and plant-based recipes with a moderate amount of dairy and minimal amounts of red meat, processed foods and added sugar.

The approach is rich in produce, whole grains, legumes and healthy fats, supplying tons of antioxidants and heart-healthy unsaturated fats. Other superstar ingredients on the diet include fatty fish, nuts, seeds, aromatic herbs and spices.

Moderate amounts of dairy and eggs are enjoyed as well as poultry. Red meat is incorporated but in smaller amounts and comes from sources like beef and goat. Alcohol (specifically red wine) is included in moderation. What differentiates the Mediterranean diet from most is that it focuses on food quality and is more a way of eating and a lifestyle approach rather than a restrictive diet. You won't have to cut out any major food groups or favorites, but moderation is key with this plan.

In addition to encouraging healthy eating, the Mediterranean diet also emphasizes incorporating daily physical activity into your routine.

MEDITERRANEAN DIET HEALTH BENEFITS

The Mediterranean diet has long been recognized for its potential health benefits, and scientific evidence suggests it is anti-inflammatory and can help maintain healthy cholesterol

and blood pressure levels, as well as support good gut bacteria. Some of the most compelling evidence supporting a Mediterranean diet led to a surge in popularity back in 2013: A team at the University of Barcelona studied more than 7,000 participants who drastically improved their heart health after adopting the diet. The scientific evidence of the diet's effectiveness has piled up since then. Research continues to consistently show the many benefits of following a Mediterranean diet, from reducing the risk of heart disease to improving cognition. Some of the incredible benefits of the Mediterranean diet include that it can:

1 **Reduce risk of heart disease.** Heart-healthy, omega-3-rich fish is emphasized over red meat, which is higher in saturated fat. According to the American Heart Association, consuming fish at least twice a week can decrease the risk of heart disease and stroke. Additionally, low-sodium diets, such as the Mediterranean diet, can help to prevent and/or control high blood pressure.

2 **Decrease risk of type II diabetes.** Research shows that following the Mediterranean diet can be helpful in preventing and managing type II diabetes because it may improve insulin sensitivity and overall gut bacteria due to being high in fiber and anti-inflammatory foods and lower in added sugars, refined grains and non-starchy vegetables.

> **The Mediterranean diet is more of a lifestyle approach.**

3 **Prevent cognitive decline.** The diet emphasizes eating plant-based foods that are naturally rich in vitamins, minerals, antioxidants and fiber, such as vegetables, grains, nuts, seeds, legumes and fruits. According to certain studies, following this type of diet may also slow the progression of Alzheimer's disease and can help to reduce the risk of dementia.

4 **Manage weight.** A recent study found that following the Mediterranean diet may lead to a reduced risk of obesity and may help prevent weight gain and reduce the risk of increased weight circumference.

> **Silence your phone, turn off the TV and sit down at the kitchen table so you are fully present in the meal.**

5 **Reduce risk of stroke.** The Mediterranean diet may help to reduce bad (LDL) cholesterol, which is associated with an increased risk of stroke. The diet encourages healthy fats, such as olive oil, which is rich in monounsaturated fat and associated with lowering LDL. The diet discourages consumption of saturated fats, such as butter and margarine, which can raise LDL.

6 **Reduce overall risk of mortality.** Studies show that overall mortality risk is decreased when the diet is combined with physical activity.

ARE THERE ANY RISKS TO FOLLOWING A MEDITERRANEAN DIET?

With so many benefits and delicious foods, the Mediterranean diet has few downsides and is likely fine for most people to start. It is advisable, though, to speak with your healthcare provider first. That being said, some potential risks are that the diet may not provide enough calcium and iron, as it doesn't have a huge emphasis on dairy products and red meat.

Some recipes and meals on the diet can be a bit time-consuming to prepare, and certain ingredients, such as seafood and high-quality olive oil can be costly. While the diet does allow wine, moderation is key, as excessive alcohol use can not only have tragic short-term consequences but can also lead to the development of several chronic diseases and other serious problems. Lastly, the diet doesn't have strict guidelines or portion sizes to follow, which may be a deterrent for some.

TIPS FOR STICKING WITH A MEDITERRANEAN DIET

The Mediterranean diet has a lot going for it, from its health benefits to its refreshing food choices, which makes it fairly easy to follow. These small but practical tips can help you stick to the diet in the long term too:

▷ PREP YOUR KITCHEN

You're more likely to make healthy choices when you have nutritious and delicious ingredients at the ready in your kitchen. Use the Mediterranean diet foods list, starting on page 8, to help you get started. Essentials that you always want to have on hand: an assortment of fresh produce, nuts, seeds, high-quality olive oil, and whole grains.

▷ EAT MINDFULLY

In order to fully immerse yourself, it's important to disconnect from electronics and distractions as you enjoy your food. Silence your phone, turn off the TV and sit down at the table so you are fully present in the meal. This emphasis on connecting and enjoying meals with others in real life is an important fundamental of the Mediterranean way of living. When you eat too quickly or while scrolling on your phone, you might miss the whole experience and find yourself feeling less satisfied when you're done.

▷ SLOW DOWN

Aim to make meals last for at least 20 minutes since it can take that amount of time for your stomach to signal to your brain that it's full. Take time to chew your food, savor the flavors and appreciate each bite. If you find you're still going very fast, try to set your fork down after every few bites. Afterward, give yourself time to digest and get in tune with satiety—the feeling of fullness and satisfaction that you get from eating.

▷ SNACK SMART

Plan for the unplanned by keeping a portable snack with you at all times just in case a meeting runs late or you get stuck in traffic. Having a healthy option to tide you over is key. Roasted crunchy chickpeas or homemade trail mix are easy portable snacks to keep in your bag or desk at work.

▷ STAY HYDRATED

Every single cell in the human body needs water to function, and hydration is also crucial for optimizing your metabolic rate. No matter what type of eating plan you adopt, staying hydrated is important for keeping your body happy and healthy. A reasonable goal for the average person is about eight cups of water per day. For a more accurate hydration estimate, try to drink ½ oz of water for each pound you weigh. If you weigh 160 lbs, this will equal 80 oz of water, or 10 cups.

▷ PRIORITIZE SLEEP

Sleep is essential to every bodily process and affects everything from our immunity and metabolism to chronic disease risk and mental health. Inadequate sleep even affects your appetite and food choices. The amount of hours you sleep at night is important, but also the quality of that sleep is significant too. Sticking to a sleep schedule is ideal for optimizing your sleep, so try going to bed around the same time and waking up around the same time each day.

▷ CONNECT

Meaningful relationships with others are a key piece of the Mediterranean lifestyle. Again, meals are often seen as opportunities to share time with friends and family, shifting the focus from food to connection. Make an effort to connect with those you love and care about as you start the journey, whether it's a simple phone call after work or a post-dinner walk with your spouse. This connection component may even help keep you motivated and accountable.

▷ GET MOVING

Commit to sitting less and moving more, even if it's just a quick walk or working in your yard. Any movement counts! Physical activity has benefits that range from strengthening bones and muscles to even improving brain health and reducing the risk of chronic disease. If you're managing your weight, exercise can help with that too. Always consult your healthcare provider before starting a new exercise regimen.

Dining Out on a Mediterranean Diet

If you're heading to a Mediterranean restaurant, chances are they will have plenty of appropriate options for you to choose from. Here are a few tips for staying consistent with the eating pattern while dining out:

1. **Start with a salad.**

2. **Choose fish or seafood as your main.**

3. **Request extra veggies on the side.**

4. **Opt for non-starchy vegetables like dark leafy greens.**

5. **Ask for whole-grain bread or pita instead of white varieties.**

6. **Use olive oil instead of butter.**

STOCKING YOUR KITCHEN

Here are some delicious ingredients that you might find useful when stocking your kitchen to add Mediterranean flavor to every meal.

ANY WORTHWHILE DIET PROGRAM will emphasize whole grains, fresh produce, lean protein and heart-healthy unsaturated fats. This diet is no different, but you'll also find that those following a typical Mediterranean eating plan enjoy plenty of fatty fish (especially salmon recipes) and generous servings of legumes, nuts and seeds. To help you get started and stay on track, here is a list of foods to consider eating on the Mediterranean diet — use these categories as a blueprint for grocery shopping.

PRODUCE

Plant-based foods like vegetables and fruits are a strong foundation of the Mediterranean diet. They offer a hefty dose of vitamins, minerals, antioxidants, fiber and more, which makes them nutrient-dense choices since they contain a high amount of nutrients for a relatively low amount of calories. Plus, it's been well established in research that increased fruit and vegetable intake can prevent chronic disease and promote longevity. But only about 10% of Americans meet the recommended fruit and vegetable intake guidelines.

Aim for at least 5 servings of produce daily, or about 2 servings of fruit and 3 servings of vegetables. A serving of vegetables is ½ cup of cooked vegetables or 1 cup of raw vegetables. Our experts recommend prioritizing non-starchy vegetables like dark leafy greens, bell peppers and broccoli, among others. Starchy options like potatoes can be enjoyed in moderation on a Mediterranean diet. A serving of fruit is about 1 medium-sized piece of whole fruit or ½ cup fresh, frozen or canned. Some of the best nutrient-dense fruits are berries, apples, peaches and pears.

LEGUMES, NUTS + GRAINS

This category of Mediterranean pantry staples are also nutrient-dense choices and can pack in a ton of fiber and plant-based protein. Aim to include at least one legume, nut or grain (or all three!) in each meal while following the diet.

Eating more whole grains, an emphasis in most Mediterranean meals, is associated with lower risk for chronic diseases, including cardiovascular disease and cancer. Americans are eating more whole grains but not enough; research shows that less than 16% of total grain intake per day comes from whole grains. A minimum of three servings of whole grains per day is ideal, which includes a slice of whole-grain bread or a half cup of cooked oatmeal, whole grain pasta or brown rice. Include more whole grains in your diet by swapping white pasta and white rice for whole-grain sides like quinoa, bulgur, wheat berries and more. You can also add oats to your breakfast for another easy and nutritious solution.

Beans, lentils, nuts and seeds provide protein, fiber, healthy fats, flavor and more to Mediterranean dishes. They are popular worldwide and have been consumed for at least 10,000 years. Regular consumption of legumes have been shown to improve cholesterol levels and blood pressure while also reducing inflammatory markers in the body. Beans and lentils can be a great protein source to add to grain bowls, veggie dishes and more. Nuts and seeds make for a great Mediterranean healthy snack — just look for options that are unsalted or low in sodium. Some of the healthiest nuts are walnuts, almonds and pistachios.

HERBS, SPICES + CONDIMENTS

Herbs and spices are nature's flavor bombs and are part of the reason why Mediterranean meals taste delicious and smell incredible. Not only do these foods add great flavor and dimension to meals, but they are packed with antioxidants and anti-inflammatory properties. Utilizing more herbs and spices in your cooking can also help you reduce the sodium in meals without sacrificing flavor.

High-quality olive oil from the Mediterranean is an important part of cooking in these regions. Look for single-origin 100% olive oil and opt for ones sold in tinted or opaque bottles or cans to protect the oil from the light, which can help it stay fresher longer. Always be sure to store oil in a cool and dry place. Vinegar is another important item to have in your Mediterranean pantry, as it contains polyphenols and can help balance out dressings and many dishes.

DAIRY + CHEESE

Although cheese, yogurt and other dairy products are eaten on a regular basis in the Mediterranean, they are typically consumed in small amounts and in moderation. They do provide a ton of nutrition, including calcium, protein and more. But certain varieties can be high in saturated fat, so our experts recommend eating these food items in moderation.

MEAT + SEAFOOD

Fish tends to be the preferred healthy protein source for many Mediterranean populations, and they are typically grilled or baked instead of fried. Research suggests that regular fish consumption can reduce risk of heart disease, stroke, depression, Alzheimer's and several other chronic diseases. Many of the disease-fighting benefits of fish come from its heart-healthy omega-3 fatty acids, which have been linked to benefits in cholesterol, triglycerides, inflammation and even blood clotting.

Meat is consumed in the Mediterranean and is full of bioavailable nutrients like vitamin B12 and complete protein, but most in the region enjoy it in small portions and prioritize leaner cuts. Meat can be high in saturated fat, which is known to increase levels of cholesterol in the blood, so moderation is key. Poultry is popular as it is a lean protein source, making options like chicken a staple on many Mediterranean menus.

DRINKS

Stay hydrated by sipping on calorie-free beverages like water, seltzer, unsweetened tea and black coffee. The occasional glass of dry red or white wine is also encouraged on the plan

SUMMER SHOPPING LIST

PRODUCE

- Apples
- Apricots
- Artichokes
- Arugula
- Avocado
- Beets
- Bell peppers
- Broccoli
- Cabbage
- Carrots
- Celery
- Cherries
- Clementines
- Cucumber
- Dandelion greens
- Dates
- Eggplant
- Figs
- Grapefruit
- Grapes
- Kale
- Lemons
- Melons
- Mushrooms
- Mustard greens
- Nectarines
- Okra
- Olives
- Onions
- Oranges
- Peaches
- Pears
- Peas
- Peppers
- Pomegranates
- Potatoes and sweet potatoes
- Pumpkin
- Radishes
- Scallions
- Shallots
- Spinach
- Strawberries
- Tangerines
- Tomatoes
- Turnips
- Zucchini

LEGUMES, NUTS + GRAINS

- Almonds
- Barley
- Beans (cannellini, chickpeas, fava, green, kidney and navy)
- Buckwheat
- Bulgur wheat
- Couscous
- Farro
- Lentils (yellow, red and green)
- Oats
- Orzo
- Pine nuts
- Pistachios
- Quinoa
- Walnuts
- Wheat berries
- Yellow split peas

MEAT + SEAFOOD

- Chicken
- Eggs
- Octopus
- Red meat (sparingly, mostly beef, goat and lamb)
- Salmon
- Sardines
- Shrimp
- Tuna

DAIRY + CHEESE

- Feta
- Goat cheese
- Greek yogurt
- Halloumi
- Manchego
- Parmigiano-Reggiano
- Pecorino
- Ricotta

DRINKS

- Water
- Seltzer
- Unsweetened tea
- Black coffee
- Dry red or white wine (occasional)

HERBS, SPICES + CONDIMENTS

- Anise
- Basil
- Bay leaves
- Cinnamon
- Clove
- Crushed red pepper flakes
- Cumin
- Dill weed
- Extra-virgin olive oil
- Garlic powder
- Mint
- Nutmeg
- Olive oil
- Onion powder
- Oregano
- Parsley
- Rosemary
- Sage
- Sesame seeds and tahini
- Smoked paprika
- Sumac
- Thyme
- Vinegar: apple cider, balsamic and red wine varieties
- Za'atar

SAMPLE 7-DAY DIET MEAL PLAN

Our simple, nutritionist-approved one-week Mediterranean diet plan is perfect for easing into the lifestyle and making it practical for you.

By **STEFANI SASSOS, M.S., R.D.N., C.S.O., C.D.N., NASM-CPT**
With **AMY FISCHER, M.S., R.D., C.D.N.**

THE REGISTERED DIETITIANS AT THE GH Institute Nutrition Lab have made it easy to follow the Mediterranean diet by putting together this sample 7-day meal plan that emphasizes real, whole foods and limits ultra-processed ones, which tend to be higher in sodium, saturated fat and added sugar.

With these simple recipes, there's no calorie-counting or restrictive portion sizes. You can fill up on tons of veggies, fruits, whole grains and beans; enjoy lean proteins such as seafood, chicken and eggs; and indulge in sweets and alcohol.

Since a typical Mediterranean diet prioritizes the enjoyment of the dining experience, flavorful ingredients are at the forefront of these heart-healthy recipes, so you'll never feel deprived. Here's how to get started on the Mediterranean diet, with nutritionist-approved ideas for breakfast, lunch and dinner.

Editor's note: Weight loss, health and body image are complex subjects — before deciding to go on this diet, we invite you gain a broader perspective by reading our exploration into the hazards of diet culture on GoodHousekeeping.com. While the Mediterranean diet enjoys a rare level of widespread support from dietary experts, it's always best to consult with your healthcare provider before starting any new eating plan.

SHAKSHUKA

2	Tbsp olive oil
1	yellow onion, finely chopped
1	clove garlic, finely chopped
1	tsp ground cumin
	Kosher salt and pepper
1	lb tomatoes, halved if large
8	large eggs
1¼	cup baby spinach, finely chopped
	Sprouted-grain bread, for serving

1. Heat oven to 400°F. Heat oil in large oven-safe skillet on medium. Add onion and sauté until golden brown and tender, 8 min. Stir in garlic, cumin and ½ teaspoon each salt and pepper and cook 1 minute. Stir in tomatoes, transfer to oven and roast 10 minutes.

2. Remove pan from oven, stir, then make 8 small wells in vegetable mixture and carefully crack 1 egg into each. Bake eggs to desired doneness, 7 to 8 min. for slightly runny yolks. Sprinkle with spinach and, if desired, serve with toast.

ACTIVE	TOTAL	SERVES
25 MINUTES	55 MINUTES	4 PEOPLE

About 35 cal, 16.5 g fat (4 g sat), 14 g pro, 390 mg sodium, 8 g carb, 2 g fiber

DAY 1

Breakfast Start the day with the flavorful and vibrant Shakshuka (*above right*), which is known as a staple breakfast dish throughout the Middle East. Serve with 2 slices of sprouted-grain bread.

Lunch In a bowl, combine 7.5 oz (half a 15-oz can) canned chickpeas (rinse in a colander for 2 min. to remove excess sodium and drain well; save other half for tomorrow's snack), 2 tsp olive oil, ¼ cup chopped white onion, ¼ cup chopped green pepper (save the rest of the onion and pepper for dinner), 1Tbsp sliced black olives, ¼ tsp ground black pepper, and 1½ Tbsp white vinegar. Mix thoroughly. Serve mixture over 2 cups romaine lettuce leaves.

Snack Spread 1 slice of 100% whole-grain bread or 2 whole-grain flatbread crackers with 2 Tbsp homemade hummus, then drizzle with 1 tsp of olive oil, and add salt, pepper, or other seasonings to taste.

Dinner Slice remainder of white onion and green pepper from lunch into chunks; set out 10 grape tomatoes. Alternate pieces of onion, pepper and cherry tomatoes on skewers and grill. Serve with 5 oz of grilled salmon and one 6-in. whole-wheat pita pocket. Spread pita with 2 Tbsp hummus. Drink 1 cup fat-free milk.

CHIVE + GOAT CHEESE FRITTATA

8	large eggs
½	cup low-fat milk
½	tsp kosher salt
1	tsp coarsely ground black pepper
1	medium tomato, diced
2	Tbsp chopped fresh chives
2	tsp margarine or butter
½	pkg goat cheese

1. Heat oven to 375°F. In medium bowl, with wire whisk or fork, mix eggs, milk, salt, and pepper. Stir in diced tomato and chopped chives.

2. In nonstick 10-in. skillet with oven-safe handle (or wrap handle with heavy-duty foil), melt margarine or butter over medium heat. Pour in egg mixture; drop spoonfuls of goat cheese on top of egg mixture. Cook 3 to 4 minutes until frittata begins to set around the edge.

3. Place skillet in oven. Bake 9 to 10 minutes or until frittata begins to set and knife inserted in center comes out clean.

ACTIVE	TOTAL	SERVES
10 MINUTES	20 MINUTES	4 PEOPLE

About 330 cal, 25 g fat (9 g sat), 15g pro, 355 mg sodium, 8 g carb, 1 g fiber

DAY 2

Breakfast In a clear, wide-mouth glass, layer ½ cup 2% Greek yogurt with 1 cup raspberries and ⅓ cup lower-sugar granola, such as KIND Dark Chocolate Clusters granola.

Lunch Eat one Freshé canned tuna pack (they come in flavorful varieties like Provence Niçoise and Sicilian Caponata) with a piece of fruit.

Snack Make your own hummus in advance and have half the recipe today, then save the rest for tomorrow's snack (or top it with an egg for breakfast).

Here's how: Use remaining chickpeas from the first day's lunch (half a 15-oz can). Mash the chickpeas lightly in a bowl with a fork. Mix in 2 tsp olive oil, 1 clove minced garlic, 1 Tbsp lemon juice, and ¼ tsp kosher salt. If desired, add ¼ tsp ground cumin. Mash all ingredients together thoroughly or, if a smoother spread is desired, use a food processor to blend the ingredients. Bring along 1 cup broccoli florets and 1 sliced bell pepper for dipping.

Dinner Slice a 6-in. French baguette in half lengthwise. Sprinkle the halves with 1¼ cup shredded mozzarella cheese and bake in toaster oven at 250°F for 4 to 6 min., until cheese is just beginning to melt. Meanwhile, slice 2 large red tomatoes. Remove baguette from toaster oven and top with fresh basil and dried oregano if desired. Top with tomato slices. For dessert, enjoy 1 oz of dark chocolate.

DAY 3

Breakfast Today, make our Chive and Goat Cheese Frittata recipe, at left. Eat half of the frittata now, and refrigerate the rest for tomorrow's dinner. Enjoy with a watercress side salad and an 8-oz latte with skim or unsweetened soy milk.

Lunch Spread 2 slices of whole-wheat bread with ½ avocado and stuff with 3 oz sliced turkey breast, 5 artichoke hearts, and as much sliced red pepper as you want. Serve with a cup each of baby carrots and grapes.

Snack Use remaining hummus from earlier in the week. Bring along sliced crudité plus a 1-oz piece of cheese.

MEDITERRANEAN GRILLED SEA BASS

2	lemons
3	Tbsp olive oil
1	Tbsp chopped fresh oregano leaves
1	tsp ground coriander
1¼	tsp kosher salt
2	whole sea bass, cleaned and scaled (about 1½ lbs each)
¼	tsp ground black pepper
2	large oregano sprigs

1. Prepare charcoal fire or preheat gas grill for covered direct grilling over medium heat.

2. Meanwhile, from 1 lemon, grate 1 Tbsp peel and squeeze 2 Tbsp juice. Cut half of remaining lemon into slices, other half into wedges. In small bowl, stir lemon juice and peel, oil, chopped oregano, coriander, and ¼ tsp salt.

3. Rinse fish and pat dry with paper towels. Make 3 slashes in both sides of each fish. Sprinkle inside and out with pepper and remaining 1 tsp salt. Place lemon slices and oregano sprigs inside fish cavities. Place fish in 13-in. by 9-in. glass baking dish. Rub half of oil mixture over outsides of fish; reserve remaining oil mixture to drizzle over cooked fish. Let stand at room temperature 15 min.

4. Lightly grease grill rack; place fish on hot rack. Cover grill and cook fish 12 to 14 min. or until fish just turns opaque throughout and thickest part flakes easily when tested with a fork, turning fish over once.

ACTIVE	TOTAL	SERVES
10 MINUTES	20 MINUTES	4 PEOPLE

About 305 cal, 15 g fat (3 g sat), 40 g pro, 730 mg sodium, 1 g carb, 0 g fiber

WILD RICE + SPINACH EGG BOWL

Nonstick cooking spray
1 large egg
2 cups packed baby spinach
1 container (1 cup) Minute Rice Multi-Grain Medley

1. Spray 12-in. nonstick skillet with nonstick cooking spray; heat on medium. To one side, add egg; cook 3 min. Sprinkle egg with ⅓ tsp black pepper. Then, to other side of skillet, add spinach and pinch kosher salt.

2. Cover; cook 3 minutes or until spinach wilts and egg white sets.

3. Heat rice as label directs; top with spinach, then egg.

ACTIVE	TOTAL	SERVES
5 MINUTES	5 MINUTES	1 PERSON

About 305 cal, 10 g fat (2 g sat), 14 g protein, 530 mg sodium, 47 g carb, 9 g fiber

Dinner Today, make half of our Mediterranean Grilled Sea Bass (recipe on page 15), and reserve half for tomorrow's lunch. Increase your vegetable intake by serving half a bag of baby arugula leaves with this meal (save the other half for tomorrow). Add an ear of corn and 1 cup cooked sugar snap peas topped with 2 tsp butter on the side. For dessert, have a frozen fruit ice pop (80 calories or less).

DAY 4

Breakfast Make 1 cup of oatmeal (like Good Housekeeping Nutritionist-Approved McCann's Irish Oatmeal) and add ½ cup milk and hot water as desired. Serve with 1 cup fresh berries and a sprinkle of cinnamon. Add a drizzle of raw honey for sweetness if needed.

Lunch Serve remaining sea bass from yesterday's dinner over rest of the baby arugula leaves.

Snack Mix ½ cup 0% plain Greek yogurt with 1 Tbsp light maple syrup and ¼ tsp vanilla extract. Dip fresh crudité in this sweet, creamy dip.

Dinner Have the rest of the frittata from yesterday's breakfast. Serve with 2 cups baby spinach leaves, topped with 2 Tbsp balsamic vinegar, and 1 cup fat-free milk. Have 1 slice of whole-wheat toast topped with 2 tsp butter. For dessert, have a single-serve ice cream, like a Magnum Mini Bar.

DAY 5

Breakfast Top 2 slices of 100% whole-grain bread with 2 Tbsp of nut butter and ½ sliced banana. Sprinkle a little cinnamon for extra flavor.

Lunch Mix together ½ cup 2% Greek yogurt with ½ finely chopped cucumber, ½ minced garlic clove, and a shake of salt and pepper if desired. Spread half of yogurt sauce (save remaining sauce for later use) on a 100% whole-grain sandwich thin or pita and eat with 1 cup or more of veggies.

Snack Munch on a 1.5-oz serving of roasted chickpeas.

Dinner Make our Mediterranean Sweet and Sour Chicken (*right*) and eat 1 serving. Serve with ½ cup cooked brown rice topped with 2 tsp butter. Enjoy with a glass of wine.

DAY 6

Breakfast Whip up 2 eggs any style with ⅓ sliced avocado and 1 piece 100% whole-grain bread.

Lunch Top ½ of a cauliflower pizza crust with tons of veggies (leftovers or whatever you feel like) and ½ cup of part-skim shredded cheese. Eat with a green salad (at least 2 cups) topped with 2 Tbsp regular dressing, any variety. For dessert, have 1 scoop of your favorite ice cream in a plain cone.

Snack Combine ½ fresh orange and ½ cup pineapple chunks (fresh or canned and drained) with 6 oz Greek yogurt for a fruity smoothie. Blend in a food processor or blender, dropping in ice cubes as desired.

Dinner At your favorite Greek restaurant, order sautéed or grilled shrimp or salmon with an extra order of veggies. Split an app with your table and skip the bread basket. Enjoy with a glass of wine or spirits on the rocks. Eating at home? Take this opportunity to fire up the grill and enjoy your fish dinner alfresco. Savor your vino or cocktail as the sun sets.

DAY 7

Breakfast Top a 100% whole-grain bagel thin with ⅓ cup fat-free ricotta cheese mixed with 1 tablespoon each peanut butter and honey. Sprinkle 1 Tbsp raisins.

Lunch Make our Wild Rice and Spinach Egg Bowl (*left*).

Snack Nosh on 1 oz nuts, such as Good Housekeeping Nutritionist-Approved favorite Wonderful Pistachios, almonds, cashews or peanuts.

Dinner Marinate 6 oz of shrimp in a basil marinade for at least 30 min. or overnight. To make basil marinade, whisk together ¼ cup white wine vinegar, 1 tsp olive oil, 1 Tbsp lemon juice, and ⅛ cup chopped fresh basil or 1 teaspoon dried basil. Grill shrimp until cooked through. Top 2 cups of romaine lettuce with the shrimp and mix well into greens for added flavor. Serve shrimp salad with 1 cup blueberries and enjoy 1 oz chocolate (about 4 Dove Miniatures) for dessert.

MEDITERRANEAN SWEET + SOUR CHICKEN

2	tsp olive oil
8	small skinless chicken thighs (about 2 lbs with bones)
¼	tsp kosher salt
2	garlic cloves, crushed with press
½	cup chicken broth
¼	cup red wine vinegar
2	tsp cornstarch
2	tsp brown sugar or to taste
¾	cup Mission figs, each cut in half
¼	cup salad olives (chopped pimiento-stuffed olives)
1	bag (5 oz) baby arugula

1. In nonstick 12-in. skillet, heat oil over medium-high heat until very hot. Add chicken and sprinkle with salt; cook 17 to 20 min. or until chicken is browned and juices run clear when thickest part of thigh is pierced with tip of knife, turning chicken over once. Transfer chicken to plate. Add garlic to skillet and cook 30 sec., stirring.

2. Meanwhile, in cup, with wire whisk, mix broth, vinegar, cornstarch, and sugar.

3. Stir broth mixture and add to skillet; heat to boiling. Boil 1 minute, stirring until browned bits are loosened from bottom of skillet and sauce thickens slightly. Stir in figs and olives; return chicken with any juices to skillet and heat through.

4. To serve, arrange arugula on 4 dinner plates. Spoon chicken mixture over arugula.

ACTIVE	**TOTAL**	**SERVES**
5 MINUTES	25 MINUTES	4 PEOPLE

About 375 cal, 11 g fat (2 g sat), 38 g pro, 630 mg sodium, 30 g carb, 5 g fiber

PART ONE

Summer Breakfasts

+ Top oatmeal
+ Swirl into yogurt
+ Spread on toast

Chia seeds are key to this spread's jamlike consistency. They're also a good source of fiber, minerals and plant-based omega-3 fatty acids.

VERY VERSATILE RASPBERRY CHIA JAM

2	cups raspberries
1	Tbsp fresh lemon juice
1	Tbsp pure maple syrup
2	Tbsp black chia seeds

In small saucepan, cook raspberries on medium, stirring occasionally, until fruit breaks down and liquid becomes syrupy, about 8 min. Remove from heat and stir in lemon juice and maple syrup, then stir in chia seeds and let sit 20 min. (mixture should thicken slightly).

ACTIVE	TOTAL	MAKES
10 MINUTES	30 MINUTES	1 CUP

Per Tbsp: about 20 cal, 0.5 g fat (0 g sat), 0 g pro, 0 mg sodium, 3 g carb, 2 g fiber

SAVORY OATMEAL WITH SAUTÉED MUSHROOMS AND SPINACH

1	cup steel-cut oats
	Kosher salt and pepper
1	Tbsp olive oil
10	oz small cremini mushrooms, quartered
4	cups baby spinach or kale
3	slices prosciutto, torn and cooked until crisp
2	jammy (medium-boiled) eggs, halved

1. Bring 3 cups water to a boil in medium saucepan. Add oats and ½ tsp salt, reduce heat and simmer, stirring occasionally, until tender and at desired consistency, 12 to 20 min.

2. Remove from heat, cover and let stand 3 min. before serving (it will thicken a bit more).

3. While oatmeal is cooking, heat oil in large skillet on medium-high. Sauté mushrooms until golden brown and tender, 4 to 6 min. Reduce heat to medium, add greens, season with ¼ tsp each salt and pepper and cook, tossing, until beginning to wilt, 1 to 2 min.

4. Spoon oatmeal into bowls and top with mushroom mixture, prosciutto and eggs. Sprinkle with additional pepper if desired.

ACTIVE	TOTAL	SERVES
20 MINUTES	25 MINUTES	4 PEOPLE

About 510 cal, 18.5 g fat (4 g sat), 25 g pro, 1,330 mg sodium, 63 g carb, 10 g fiber

LEMON-ALMOND POPPY SEED MUFFINS

2	cups all-purpose flour
2	tsp baking powder
½	tsp baking soda
½	tsp kosher salt
⅓	cup plain whole-milk yogurt
2	Tbsp grated lemon zest
⅓	cup fresh lemon juice (from 2 to 3 lemons), plus 4 to 6 tsp for glaze
1	tsp pure vanilla extract
8	Tbsp unsalted butter, at room temp
⅔	cup granulated sugar
1	large egg, at room temp
2	Tbsp poppy seeds
½	cup turbinado sugar
¾	cup sliced almonds
1	cup confectioners' sugar

1. Heat oven to 400°F and line 12-cup muffin pan with paper liners.

2. In large bowl, whisk together flour, baking powder, baking soda and salt. In separate bowl, mix yogurt, lemon zest, ⅓ cup lemon juice and vanilla.

3. In large bowl, using electric mixer, beat butter and granulated sugar on medium-high until light and fluffy, about 2 min. Beat in egg, scraping side of bowl as necessary. Add half of flour mixture, mixing just to combine, then half of yogurt mixture, scraping bowl and beater as necessary. Repeat with remaining flour and yogurt mixtures, then fold in poppy seeds.

4. Using ¼-cup ice cream scoop, scoop out rounded portion of batter into each muffin cup.

5. In small bowl, stir together turbinado sugar and 2 tsp water. Immediately stir in almonds, then top each muffin with about 1 Tbsp sugared almonds, mounding in middle.

6. Bake, rotating pan halfway through, until muffins are golden brown, 16 to 20 min. Transfer pan to wire rack and let muffins cool completely.

7. For glaze, in small bowl, stir together confectioners' sugar and 4 tsp lemon juice, adding additional lemon juice ½ tsp at a time if necessary (glaze should be smooth and thick). Using spoon, drizzle glaze across cooled muffins.

ACTIVE	TOTAL	MAKES
25 MINUTES	50 MINUTES	12 MUFFINS

Per muffin: about 213 cal, 6 g fat (3 g sat), 3 g pro, 159 mg sodium, 35 g carb, 1 g fiber

STRAWBERRY-THYME MILLET BOWL

1	lb strawberries, hulled and halved
4	sprigs fresh thyme
1	Tbsp olive oil
1	Tbsp honey
1	cup 2% milk, plus more for serving
1	cup millet
1 1/2	tsp pure vanilla extract
2	Tbsp finely chopped pistachios
2	Tbsp hemp seeds

1. Heat oven to 450°F. On rimmed baking sheet, toss strawberries, thyme, oil and honey. Roast until berries begin to release juices, about 10 min. Remove from oven and discard thyme.

2. Meanwhile, in saucepan, bring milk and 1 cup water to a boil. Stir in millet and vanilla, reduce heat, and simmer, covered, until millet is tender and liquid is absorbed, 25 to 30 min. Serve millet with berries and pan juices, a splash of milk, pistachios and hemp seeds.

ACTIVE	TOTAL	SERVES
15 MINUTES	45 MINUTES	4 PEOPLE

About 358 cal, 11 g fat (2 g sat), 11 g pro, 37 mg sodium, 54 g carb, 7 g fiber

SLOW COOKER PORRIDGE

4	cups whole milk
	Kosher salt
1	cup steel-cut oats
1/2	cup red quinoa
1/2	cup brown rice
1/2	cup barley
2	Tbsp coconut oil
	Toppings of choice

OPTION 1

cheddar + bacon + dates + chives

OPTION 2

bananas + grapes + nut butter + nutmeg

OPTION 3

figs + pistachio + nutmeg + honey

OPTION 4

oranges + toasted coconut
+ pecans + cinnamon

OPTION 5

smoked salmon + fried egg
+ capers + scallion

1. Grease bowl of 6-qt slow cooker, then add milk, 3/4 tsp salt and 7 1/2 cups water. Stir in oats, quinoa, rice and pearl barley.

2. Cover and cook until grains are tender, 3 to 4 hr. on High or 7 to 8 hr. on Low. Stir in coconut oil and serve with desired topping.

ACTIVE	TOTAL	SERVES
10 MINUTES	4 HOURS	8 PEOPLE

About 325 cal, 11 g fat (6 g sat), 10 g pro, 235 mg sodium, 48 g carb, 6 g fiber

Make-Ahead Mornings

When it's hot out, the last thing you want to do is labor over a hot stove, especially in the morning. Cook hearty grains like steel-cut oats, quinoa and barley the night before. In the morning, set out an array of sweet and savory toppings.

BEST-EVER FRENCH TOAST

6	large eggs
1½	cups whole milk
1½	tsp ground cinnamon
1½	tsp pure vanilla extract
8	1-in.-thick slices challah bread
4	Tbsp unsalted butter
	Yogurt, berries and pure maple syrup or honey, for serving

1. In large, shallow bowl, whisk together eggs, milk, cinnamon and vanilla.

2. Working in batches, place 2 slices bread in egg mixture and let soak 2 min. Flip slices and soak 1 min. more (both sides of bread should be totally coated with mixture).

3. Meanwhile, heat 1 Tbsp butter in large nonstick skillet on medium-low. Once melted, add soaked bread and cook until golden brown, 1 to 3 min. per side; transfer to wire rack. While toast is cooking, soak next batch of challah slices.

4. Repeat with remaining butter and bread. Serve topped with yogurt, berries and syrup or honey if desired.

ACTIVE	TOTAL	SERVES
25 MINUTES	25 MINUTES	4 PEOPLE

About 510 cal, 18.5 g fat (4 g sat), 25 g pro, 1,330 mg sodium, 63 g carb, 10 g fiber

For a versatile, portable breakfast, boil eggs, then add to ice water to cool. Refrigerate in shells for up to one week. Peel right before using.

CLASSIC DEVILED EGGS

6	large eggs, hard-boiled
2	Tbsp olive-oil mayonnaise
1	tsp fresh lemon juice
1	tsp Dijon mustard
½	tsp hot sauce
	Kosher salt and pepper
	Crumbled bacon, sliced scallions, sliced chives, chopped parsley and chopped dill, for serving

Halve eggs lengthwise. Transfer yolks to small bowl and mash with mayonnaise, lemon juice, mustard, hot sauce and ⅛ tsp each salt and pepper. Spoon into egg whites and sprinkle with toppings as desired. Eat with a slice of whole-grain bread.

ACTIVE	TOTAL	SERVES
15 MINUTES	30 MINUTES	6 PEOPLE

About 110 cal, 8.5 g fat (2 g sat), 6 g pro, 160 mg sodium, 1 g carb, 0 g fiber

GREEN GODDESS SANDWICHES

1. In small bowl, combine ⅓ cup olive-oil mayonnaise, ½ Tbsp lemon juice, ½ small clove garlic (finely grated) and ¼ tsp each kosher salt and pepper; fold in ¼ cup basil (chopped) and 2 Tbsp chopped chives.

2. Spread basil mayo on 8 slices whole-grain bread, then create sandwiches with 2 cups salad greens or favorite lettuce, 1 avocado (sliced), ½ seedless cucumber (halved crosswise and thinly sliced lengthwise), 1 cup sprouts and 4 hard-boiled eggs (sliced).

ACTIVE	TOTAL	SERVES
15 MINUTES	15 MINUTES	4 PEOPLE

About 433 cal, 29 g fat (5.5 g sat), 16 g pro, 546 mg sodium, 30 g carb, 8 g fiber

Become a Mix Master

For the smoothest results, add items to the blender in this order so they'll be well incorporated:

1. **Liquid**
2. **Soft fruits + veggies**
3. **Leafy greens**
4. **Dry (seeds, powder)**
5. **Ice**

FRUIT SMOOTHIES

In blender, puree the following until smooth.

RAZZLE-DAZZLE SMOOTHIE

½	cup low-fat milk
½	cup nonfat Greek yogurt
2	cups frozen raspberries
2	bananas, cut into pieces and frozen

About 430 cal, 2.5 g fat (1 g sat), 21 g pro, 100 mg sodium, 92 g carb, 16 g fiber

MANGO MADNESS SMOOTHIE

1	cup orange juice
½	cup coconut yogurt
1½	cups frozen mango
1	medium carrot, coarsely grated

About 445 cal, 4.5 g fat (4 g sat), 16 g pro, 100 mg sodium, 92 g carb, 8 g fiber

ACTIVE	TOTAL	SERVES
10 MINUTES	10 MINUTES	1 PERSON

STRAWBERRY FIELDS SMOOTHIE

½	cup coconut water
½	cup coconut yogurt
1	cup strawberries
½	cup frozen peaches

About 225 cal, 4 g fat (4 g sat), 13 g pro, 85 mg sodium, 36 g carb, 4 g fiber

GREEN MACHINE SMOOTHIE

1	cup unsweetened almond milk
1½	bananas, cut into pieces and frozen
3	cups baby spinach
2	Tbsp almond butter
2	pitted dates
2	Tbsp chia seeds

About 565 cal, 28 g fat (2.5 g sat), 17 g pro, 285 mg sodium, 73 g carb, 21 g fiber

PART TWO

Summer Lunches + Dinners

SEARED CHICKEN WITH CARROTS + MINT-ALMOND PESTO

1½	lbs small, thin carrots, scrubbed but not peeled
1	tsp ground coriander
2	Tbsp plus 1 tsp olive oil, divided
	Kosher salt and pepper
4	6-oz boneless, skinless chicken breasts
½	cup fresh mint
1½	cups flat-leaf parsley
¼	cup blanched almonds, toasted
2½	Tbsp fresh lemon juice
½	jalapeño, seeded

1. Heat oven to 425°F. On large baking sheet, toss carrots with coriander, 1 Tbsp oil and ¼ tsp salt and roast until tender and browned.

2. Meanwhile, heat large skillet on medium-high. Season chicken with ¼ tsp each salt and pepper. Add 2 tsp oil to skillet, then add chicken and cook until browned and cooked through, 3 to 4 min. per side.

3. In blender, combine mint, parsley, almonds, lemon juice, jalapeño, ¼ cup water, pinch salt and remaining 2 tsp oil and puree until smooth, adding up to 1 Tbsp additional water if needed. Slice chicken and serve with roasted carrots and mint pesto.

ACTIVE	TOTAL	SERVES
25 MINUTES	25 MINUTES	4 PEOPLE

About 380 cal, 17 g fat (2.5 g sat), 39 g pro, 475 mg sodium, 20 g carb, 7 g fiber

WHITE WINE MUSSELS

2	Tbsp olive oil
4	cloves garlic, finely chopped
¼	tsp red pepper flakes
2	cups dry white wine
	Kosher salt
4	lbs mussels, scrubbed and beards removed
3	Tbsp cold unsalted butter
¼	cup flat-leaf parsley, roughly chopped
	Crusty bread and lemon wedges, for serving

1. Heat oil with garlic and red pepper flakes in large Dutch oven on medium-low until beginning to turn golden brown, 4 min. Add wine and bring to a boil on medium-high, then boil 2 min.

2. Add ¼ tsp salt, then mussels, and cook, covered, stirring once or twice, until shells open, 6 min. Uncover, add cold butter and cook 2 min., stirring. Toss with parsley and serve with crusty bread and lemon wedges.

SWITCH IT UP These tasty twists will give mussels a punch of flavor. Sauté seeds, veggies or meat with garlic, then stir in the remaining ingredients along with the wine.

CREAMY TARRAGON

4 tsp Dijon mustard + cup heavy cream + 2 Tbsp tarragon

SPICED TOMATO

2 tsp fennel seeds + 1 lb chopped heirloom tomatoes + cup chopped basil

SMOKY ORANGE

3 oz diced Spanish chorizo + cup halved pitted green olives + 2 Tbsp orange zest

ACTIVE	TOTAL	SERVES
20 MINUTES	20 MINUTES	4 PEOPLE

About 280 cal, 18.5 g fat (7 g sat), 17 g pro, 515 mg sodium, 10 g carb, 0 g fiber

Clean a Mussel

After scrubbing under cold water, remove the furry threads called the beard by grabbing them between your thumb and forefinger and pulling downward toward the hinged shell end (a paper towel can help you grip them).

PASTA PRIMAVERA

2	Tbsp olive oil, divided
1	lb asparagus, trimmed and cut into 1 ½-in. pieces
2	medium shallots, finely chopped
	Kosher salt and pepper
1	lb tagliatelle or pappardelle
8	oz sugar snap peas, cut into 1 ½-in. pieces
½	cup dry white wine
1	cup crème fraîche
2	large carrots, shaved with peeler
1	Tbsp grated lemon zest
1	Tbsp fresh tarragon

1. Bring large pot of water to a boil. Heat 1 Tbsp oil in large skillet on medium-high. Add asparagus and cook until barely tender. Transfer to bowl.

2. Add remaining Tbsp oil to skillet and return to medium-low. Add shallots and ½ tsp each salt and pepper. Cook, stirring occasionally, until translucent, 2 to 3 min.

3. While shallots are cooking, cook pasta per pkg. directions. Using strainer, dunk snap peas in boiling pasta water 30 sec., then remove and set aside.

4. Add wine to shallots and simmer until reduced to 2 Tbsp, about 5 min. Turn heat to lowest setting.

5. Add crème fraîche to skillet and stir until combined. Add carrots and lemon zest and simmer 3 min. Using tongs, transfer pasta from water to pan. Fold in asparagus, snap peas, tarragon and ¼ tsp salt, adding ¼ to ⅓ cup pasta water if pasta seems dry.

ACTIVE	TOTAL	SERVES
30 MINUTES	35 MINUTES	8 PEOPLE

About 400 cal, 16 g fat (7.5 g sat), 11 g pro, 220 mg sodium, 50 g carb, 4 g fiber

AIR FRYER SALMON FLATBREADS

1. In small bowl, combine 1 Tbsp each red wine vinegar, olive oil and capers (chopped), 1 scallion (finely chopped) and ¼ tsp pepper; set aside.

2. Heat air fryer to 400°F. In bowl, toss 1 pint grape tomatoes, 1 Tbsp oil and ¼ tsp each kosher salt and pepper. Season 1 lb skinless salmon fillet (cut into 1 ½-in. pieces) with ¼ tsp each salt and pepper.

3. Place salmon in single layer on 1 side of air fryer and add tomatoes to remaining space (piling them is great). Air-fry until salmon is barely opaque throughout, 6 min.

4. Transfer tomatoes to bowl with vinegar-scallion mix and toss to combine, then toss with 1 Tbsp chopped flat-leaf parsley.

5. Spread labneh or Greek yogurt on 4 pieces naan or flatbread (warmed), top with salmon and 2 cups baby arugula or kale, then spoon tomato mixture on top. Sprinkle with sliced scallions and crumbled feta if desired.

ACTIVE	TOTAL	SERVES
15 MINUTES	15 MINUTES	4 PEOPLE

About 487 cal, 25 g fat (9 g sat), 41 g pro, 750 mg sodium, 30 g carb, 10 g fiber

SEARED PORK CHOPS WITH CHERRIES + SPINACH

1. Heat 1 Tbsp olive oil in large skillet on medium. Pat four 6-oz boneless pork chops dry with paper towel and season with ½ tsp each salt and pepper. Cook until golden brown and just cooked through, 8 to 10 min. per side; transfer to plates.

2. Add 1 cup cherries (pitted and halved) to skillet and cook, stirring occasionally, until beginning to soften, about 2 min. Add ¼ cup dry white wine and cook until reduced to 1 Tbsp, about 2 min. more.

3. Stir in 2 tsp whole-grain mustard and ⅓ cup water, then 2 bunches spinach (thick stems discarded), and cook, tossing, until beginning to wilt, 2 min. Serve with pork.

ACTIVE	TOTAL	SERVES
15 MINUTES	30 MINUTES	4 PEOPLE

About 450 cal, 28 g fat (9 g sat), 38 g pro, 450 mg sodium, 12 g carb, 4 g fiber

How to Grill a Pizza

1. Working on floured surface, shape 1 lb pizza dough (at room temp) into 12- to 14-in. round and place on flour-dusted baking sheet. Brush top with 2 tsp olive oil.

2. Transfer pizza dough to grill over direct heat, oiled side down, and grill, covered, until top begins to bubble and bottom is crisp, 2 min. Use tongs to peek underneath.

3. Working quickly, brush top of dough with 2 tsp olive oil.

4. Flip dough to indirect heat side of grill, then top as desired. Grill, covered, until dough is cooked through and charred on bottom, 3 to 5 min. more (if you added cheese, it will melt during this time).

GRILLED PIZZA TRIO

ZUCCHINI, YELLOW SQUASH + HERB

1	small zucchini, halved lengthwise
½	small yellow summer squash
1	Tbsp olive oil, plus more for dough and drizzling
	Kosher salt and pepper
1	lb pizza dough
¼	small red onion, thinly sliced
½	small red chile, thinly sliced
2	oz goat cheese, crumbled
½	cup mixed fresh herbs (mint, parsley, chives), chopped

1. Heat grill to medium-high. Brush zucchini and squash with oil and season with ¼ tsp each salt and pepper. Grill, covered, cut side down, until charred, 3 to 4 min. Flip and grill until barely tender, 1 to 2 min. more; transfer to cutting board and slice.

2. Prepare and begin to grill pizza dough (*instructions at left*). Once flipped to indirect side, top with sliced zucchini and squash, onion, chile and goat cheese and continue grilling.

3. Transfer to cutting board, drizzle with oil and sprinkle with herbs.

About 440 cal, 25 g fat (9 g sat), 17 g pro, 805 mg sodium, 34 g carb, 3 g fiber

LEMON CACIO E PEPE

2	small lemons, thinly sliced
1	Tbsp olive oil plus more for dough
3	oz Fontina cheese, coarsely grated
1 ½	oz Parmesan cheese, finely grated
¾	tsp cracked black pepper
1	lb pizza dough
1	cup flat-leaf parsley leaves

1. Heat grill to medium-high. Brush lemon slices with oil and grill until charred and tender, 1 to 2 min. per side; transfer to plate. In bowl, combine Fontina, Parmesan and pepper.

2. Prepare and begin to grill pizza dough (*instructions at left*). Once flipped to indirect side, top with cheese mixture, lemon slices and parsley and continue grilling.

About 505 cal, 30 g fat (11 g sat), 21 g pro, 1,072 mg sodium, 37 g carb, 3 g fiber

ACTIVE
15-20
MINUTES

TOTAL
15-20
MINUTES

SERVES
4
PEOPLE

RICOTTA + FRESH TOMATO

1	lb pizza dough
1	Tbsp olive oil, plus more for dough
1	Tbsp champagne vinegar
1	small shallot, finely chopped
1	tsp fresh oregano, finely chopped
½	tsp honey
	Kosher salt and pepper
¾	cup fresh ricotta cheese
1	oz Pecorino Romano cheese, finely grated
3	medium to large mixed-color heirloom tomatoes
	Fresh basil, for sprinkling

1. Prepare and grill pizza dough (*instructions at left*); transfer to cutting board.

2. In bowl, combine oil, vinegar, shallot, oregano, honey and ¼ tsp each salt and pepper.

3. In second bowl, mix ricotta until smooth, then stir in Pecorino and ¼ tsp each salt and pepper. Spread onto pizza crust. Slice tomatoes and arrange on top of ricotta and drizzle with vinaigrette. Sprinkle with basil if desired.

About 509 cal, 28 g fat (11 g sat), 21 g pro, 893 mg sodium, 41 g carb, 4 g fiber

GRILLED CHICKEN CAPRESE

	Oil, for grill grates
1	Tbsp red wine vinegar
3	Tbsp plus 2 tsp olive oil, divided
	Kosher salt and pepper
1	small shallot, finely chopped
1	cup corn kernels (from 1 large ear, or frozen and thawed)
1	pint mixed-color grape or cherry tomatoes, halved
4	6-oz boneless, skinless chicken breasts
2	lbs mixed-color medium and large tomatoes, sliced
6	oz fresh mozzarella, sliced
1/4	cup small fresh basil leaves

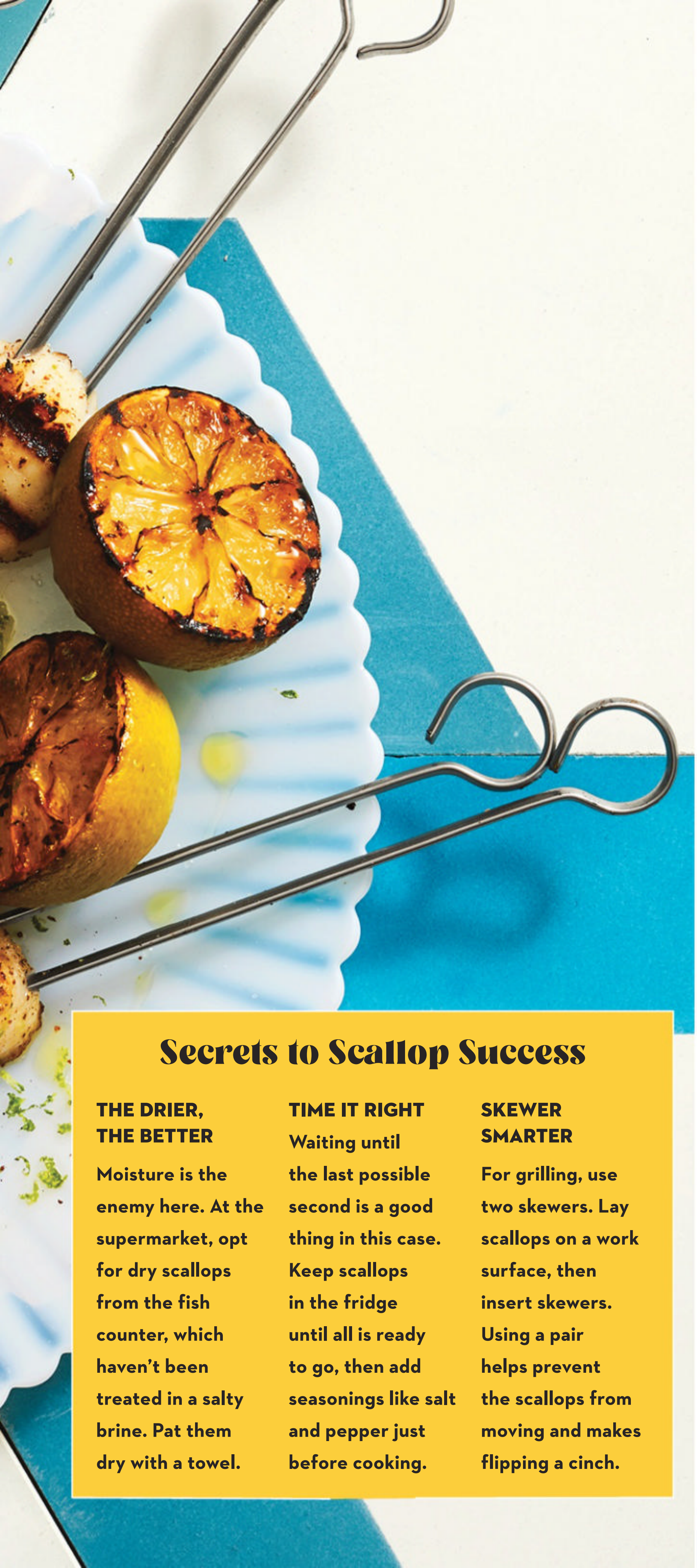
1. Heat grill to medium-high. Clean grill and lightly oil with oil. In bowl, whisk together vinegar, 3 Tbsp olive oil and 1/2 tsp each salt and pepper; stir in shallot. Add corn and grape tomatoes and toss to combine; set aside.

2. Rub chicken with remaining 2 tsp oil, season with 1/2 tsp salt and 1/4 tsp pepper and grill until cooked through, 4 to 6 min. per side.

3. Arrange chicken, sliced tomatoes and mozzarella on platter. Spoon corn mixture and any juices from bowl over top, then sprinkle with basil.

ACTIVE	TOTAL	SERVES
20 MINUTES	20 MINUTES	4 PEOPLE

About 494 cal, 28 g fat (9 g sat), 46 g pro, 630 mg sodium, 17 g carb, 4 g fiber



GRILLED SCALLOPS

	Oil, for grill and drizzling
12	large sea scallops
½	tsp ground sumac
¼	tsp ground coriander
	Kosher salt and pepper
1	lime, halved
	Fresh lime zest, for serving

1. Heat grill to medium-high. Pat scallops dry and thread 3 scallops onto 2 parallel skewers; repeat with remaining scallops and additional skewers. Refrigerate 5 min.

2. Pat scallops dry again if necessary, then season with sumac, coriander, ½ tsp salt and ¼ tsp pepper.

3. Grill scallops until opaque throughout, 2 to 3 min. per side.

4. Grill lime halves, cut sides down, until charred, about 2 min. Transfer scallops to platter and grate lime zest on top, then drizzle with oil. Serve with charred lime.

ACTIVE	TOTAL	SERVES
15 MINUTES	20 MINUTES	4 PEOPLE

About 107 cal, 4 g fat (0.5 g sat), 14 g pro, 405 mg sodium, 5 g carb, 1 g fiber

Secrets to Scallop Success

THE DRIER, THE BETTER
Moisture is the enemy here. At the supermarket, opt for dry scallops from the fish counter, which haven't been treated in a salty brine. Pat them dry with a towel.

TIME IT RIGHT
Waiting until the last possible second is a good thing in this case. Keep scallops in the fridge until all is ready to go, then add seasonings like salt and pepper just before cooking.

SKEWER SMARTER
For grilling, use two skewers. Lay scallops on a work surface, then insert skewers. Using a pair helps prevent the scallops from moving and makes flipping a cinch.

MARINATED PEPPER PASTA

MARINATED PEPPERS

6 peppers (red, orange and/or yellow)
1 small clove garlic
2 Tbsp sherry vinegar
Kosher salt and pepper
2 Tbsp olive oil
Chopped flat-leaf parsley, for serving

1. Heat grill to high or arrange oven rack 6 in. from broiler and heat broiler.

2. Grill or broil peppers (on rimmed baking sheet), turning occasionally, until blackened and charred, 8 to 10 min. total.

3. Transfer to bowl and cover at least 10 min. (This helps skin separate from peppers, making it easier to peel off.)

4. Meanwhile, finely grate garlic into bowl. Add vinegar, ½ tsp salt and ¼ tsp pepper and stir to combine. Let sit while prepping peppers.

5. Peel peppers, then remove stems and seeds. Cut into pieces. Stir olive oil into vinegar mixture, then toss with peppers. Let sit at least 15 min., tossing occasionally, before serving. Toss with parsley if desired.

ACTIVE	TOTAL	MAKES
15 MINUTES	40 MINUTES	3 CUPS

Per ¼ cup: about 38 cal, 2 g fat (0 g sat), 1 g pro, 82 mg sodium, 5 g carb, 0 g fiber

PASTA

Heat oven to 425°F. On rimmed baking sheet, toss 2 red onions (cut into ¼-in.-thick wedges) with 1 Tbsp olive oil and ¼ tsp each salt and pepper. Roast until golden brown and tender, 15 to 20 min. Cook 12 oz rigatoni per pkg. directions. Reserve ½ cup pasta cooking water, then drain. Toss pasta with ¼ cup pasta water and ½ cup grated Pecorino Romano, adding more water if pasta seems dry. Then toss with onions and ½ batch marinated peppers (about 1 ½ cups) and season with salt and pepper. Fold in 1 cup fresh basil leaves (torn). Drizzle with additional oil and serve topped with grated Pecorino if desired.

ACTIVE	TOTAL	SERVES
20 MINUTES	20 MINUTES	4 PEOPLE

About 482 cal, 14 g fat (4 g sat), 18 g pro, 625 mg sodium, 75 g carb, 4.5 g fiber

Fiery Flavor

Roast a whole jalapeño or Fresno chile along with your peppers for a hint of heat.

Switch It Up

Mix homemade roasted red peppers into a handful of recipes for top taste.

- Scatter on pizza
- Blend into hummus
- Spoon over grilled bread with ricotta or goat cheese
- Stuff into a salami sandwich
- Chop and fold into scrambled eggs
- Stir into couscous

Flavor Swap

For more traditional Mediterranean flavors, substitute equal amounts of Italian sausage, parsley and provolone for chorizo, cilantro and Jack cheese.

CHORIZO-STUFFED ZUCCHINI

ZUCCHINI
Place rimmed baking sheet in oven and heat to 450°F. Cut 4 zucchini (about 6 oz each) in half lengthwise and, using teaspoon, hollow out each zucchini half. Brush cut sides with 1 tsp oil, then place, cut sides down, on heated baking sheet. Roast 5 min.

CHORIZO
Meanwhile, heat 2 tsp olive oil in large skillet on medium-high. Add 2 small links fresh chorizo sausage (about 6 oz total; casings removed) and cook, breaking up, until no longer pink, 3 to 4 min. Using slotted spoon, transfer to bowl.

SCALLIONS
Add 2 scallions (thinly sliced) to chorizo and toss to combine.

JACK CHEESE + CILANTRO
Fold in 3 oz Monterey Jack cheese (coarsely grated) and ½ cup cilantro (chopped). Turn zucchini cut sides up and season with ¼ tsp each kosher salt and pepper. Divide chorizo mixture among zucchini halves (about ¼ cup per half) and roast until zucchini are just tender, 8 to 10 min. more. Sprinkle with cilantro if desired.

ACTIVE	TOTAL	SERVES
20 MINUTES	35 MINUTES	4 PEOPLE

About 250 cal, 19 g fat (8 g sat), 14 g pro, 560 mg sodium, 5 g carb, 2 g fiber

Add chopped mint and oregano or fennel seeds and red pepper flakes to your meatball mix.

MEATBALLS WITH ROASTED TOMATOES + CHICKPEAS

1. Heat broiler. In large bowl, beat 1 large egg, then add ⅓ cup panko, 1 tsp ground cumin, ¼ tsp ground allspice, ⅛ tsp ground cinnamon, ½ tsp salt and ¼ tsp pepper. Finely grate in 2 cloves garlic. Mix in 1 lb ground beef, then shape into 12 balls and arrange on rimmed baking sheet.

2. Broil on upper oven rack until browned, 2 to 3 min. Reduce oven temp to 425°F. Remove meatballs from oven and carefully pour out any excess fat.

3. In bowl, toss 1 pint cherry and/or grape tomatoes and one 14.5-oz can chickpeas (rinsed) with 1 Tbsp olive oil, 1 clove garlic (thinly sliced) and ¼ tsp each salt and pepper. Add to pan with meatballs and roast until tomatoes have softened, 10 min. Remove from oven and top with ¼ cup each crumbled feta and chopped parsley. Serve with couscous.

ACTIVE	TOTAL	SERVES
15 MINUTES	25 MINUTES	4 PEOPLE

About 395 cal, 21 g fat (7.5 g sat), 29 g pro, 655 mg sodium, 23 g carb, 5 g fiber

GRILLED FAJITA KEBABS

3	limes
1	tsp ground coriander
½	tsp ground cumin
	Pinch of cayenne
4	Tbsp olive oil, divided
1	lb large peeled and deveined shrimp, tails discarded
1	lb boneless, skinless chicken breast, cut into 1 ½-in. pieces
1	lb mixed-color peppers, cut into 1-in. pieces
3	jalapeños, sliced ½-in. thick
2	small red onions, cut into 1-in.-thick wedges
	Kosher salt and pepper
12	small flour tortillas
	Sliced radishes and chopped cilantro, for serving

1. Finely grate zest of 1 lime into bowl. Add coriander, cumin, cayenne and 2 Tbsp oil and mix to combine. Transfer half to medium bowl and toss with shrimp. In second bowl, toss chicken with remaining mixture.

2. Thread each protein onto its own skewer. Halve all limes.

3. Toss peppers, jalapeños and onions with remaining 2 Tbsp oil and ½ tsp each salt and pepper. Thread jalapeños, peppers and onions onto their own skewers.

4. Heat grill to medium-high. Season chicken and shrimp skewers with ½ tsp each salt and pepper.

5. Add skewers to grill and cook, turning occasionally, until chicken is cooked through (8 to 10 min.), vegetables are just tender (4 to 8 min.) and shrimp is opaque throughout (3 to 4 min.). Transfer skewers to platter as they finish cooking. Grill limes, cut sides down, and tortillas until lightly charred, about 1 min.

6. Squeeze 1 grilled lime half over chicken and shrimp. Serve with vegetables, tortillas, remaining limes, radishes and cilantro.

ACTIVE	TOTAL	SERVES
30 MINUTES	30 MINUTES	6 PEOPLE

About 460 cal, 17 g fat (4 g sat), 33 g pro, 1,370 mg sodium, 44 g carb, 5 g fiber

Lightly char lemon halves to make them juicier, with a hint of smokiness.

SALMON WITH CREAMY FETA CUCUMBERS

1. Heat 1 Tbsp olive oil in large skillet on medium. Halve 1 lemon and place halves, cut sides down, in skillet. Season four 5-oz skinless salmon fillets with ½ tsp each kosher salt and pepper and cook until golden brown and opaque throughout, 3 to 6 min. per side. Transfer salmon fillets to plates. Cut each lemon half in half.

2. Meanwhile, in large bowl, toss 1 lb seedless cucumbers (sliced) with ¼ tsp salt. Finely grate zest of another lemon into food processor and squeeze in 3 Tbsp juice.

3. Add 3 oz feta and ¼ cup plain Greek yogurt and puree until smooth. Toss with cucumbers, then fold in ¼ cup small mint leaves and freshly cracked pepper. Serve with salmon and charred lemon wedges for squeezing.

ACTIVE	TOTAL	SERVES
15 MINUTES	20 MINUTES	4 PEOPLE

About 280 cal, 12.5 g fat (5 g sat), 34 g pro, 635 mg sodium, 9 g carb, 1 g fiber

ROASTED EGGPLANT VEGGIE BURGER

1	12-oz eggplant, halved lengthwise
3	Tbsp olive oil, divided
	Kosher salt and pepper
1	medium onion, chopped
2	cloves garlic, chopped
1	Tbsp paprika
1	tsp dried thyme
1	tsp dried oregano
½	cup quick-cooking oats
½	cup raw walnuts
1	15-oz can lentils, rinsed
1	large egg yolk
1	tsp Worcestershire sauce
4	slices Cheddar cheese (optional)
4	brioche buns
	Iceberg or romaine lettuce, tomato, red onion and pickled jalapeño, for topping

1. Heat oven to 375°F. Line rimmed baking sheet with nonstick baking mat or parchment.

2. Score flesh side of each eggplant half in diamond pattern. Brush cut sides with 1 Tbsp oil and season with ¼ tsp salt. Roast until very tender, 25 to 30 min.

3. Meanwhile, heat remaining 2 Tbsp oil in medium skillet on medium. Add onion, season with ½ tsp each salt and pepper and cook, covered, stirring occasionally, 5 min. Stir in garlic, paprika, thyme and oregano and cook, stirring, 2 min. Let cool.

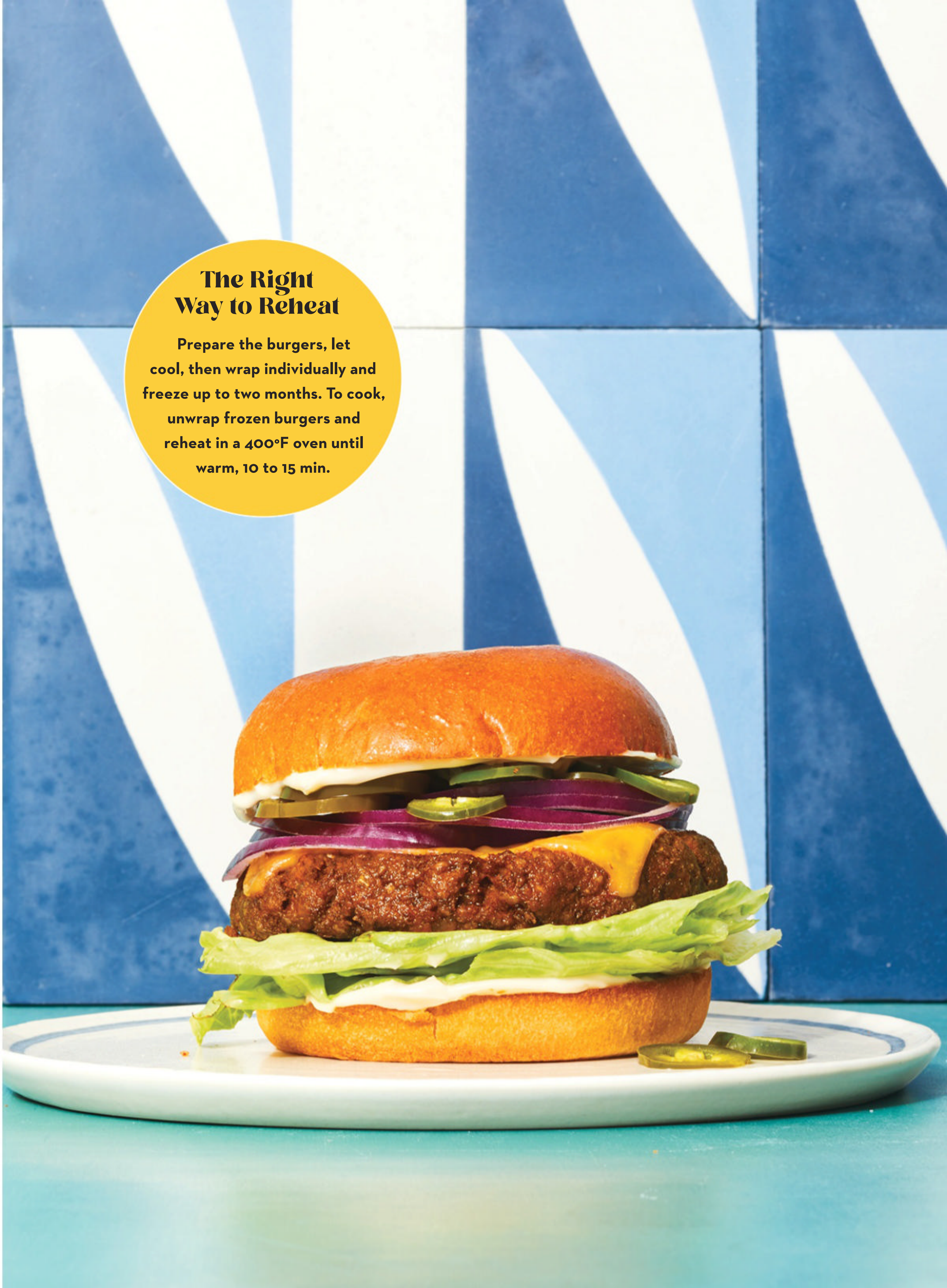
5. In food processor, pulse oats and walnuts until very finely chopped; transfer mixture to small bowl.

6. Scoop eggplant into food processor, discarding skin. Add lentils, egg yolk, Worcestershire sauce and onion mixture and process until nearly smooth. Add walnut-oat mixture and pulse to combine.

7. Divide eggplant mixture in 4 and scoop onto prepared pan, then gently shape mixture into round patties. Bake until browned, 10 to 13 min., adding cheese during last minute of cooking if using. Let cool 5 min. before making sandwiches with buns and toppings.

ACTIVE	TOTAL	SERVES
40 MINUTES	1 HOUR	4 PEOPLE

About 515 cal, 24 g fat (4 g sat), 18 g pro, 796 mg sodium, 61 g carb, 15 g fiber



The Right Way to Reheat

Prepare the burgers, let cool, then wrap individually and freeze up to two months. To cook, unwrap frozen burgers and reheat in a 400°F oven until warm, 10 to 15 min.

Make the farro salad without the herbs and refrigerate up to two days. Fold in the herbs just before serving.

ALEPPO GRILLED STEAK WITH FARRO SALAD

1. Heat grill to medium. Cook 1 ½ cups quick-cooking farro per pkg. directions.

2. Season two 12-oz strip steaks (each about 1 ½ in. thick) with ¾ tsp Aleppo pepper, ½ tsp kosher salt and ¼ tsp black pepper and grill to desired doneness, 5 to 8 min. per side for medium-rare. Transfer to cutting board and let rest at least 5 min. before slicing.

3. In medium bowl, combine 2 tsp grated lemon zest and 3 Tbsp lemon juice, 2 small shallots (sliced) and ½ tsp each salt and black pepper and let sit 5 min. Stir in 3 Tbsp olive oil, then toss with farro. Fold in ¾ cup pitted Castelvetrano olives (crushed and roughly chopped) and ¼ cup each flat-leaf parsley and fresh mint (both roughly chopped) and serve with steak.

ACTIVE	TOTAL	SERVES
25 MINUTES	25 MINUTES	4 PEOPLE

About 700 cal, 31 g fat (10.5 g sat), 48 g pro, 860 mg sodium, 57 g carb, 9 g fiber

Go Veg!

Use Halloumi, a firm grilling cheese, in place of the steak for a vegetarian feast! Season slices with Aleppo pepper, then grill until lightly charred, about 20 sec. per side.

PASTA WITH NO-COOK TOMATO SAUCE

12 oz linguine
¼ cup olive oil
1 clove garlic, finely grated
Kosher salt and pepper
½ cup pitted Castelvetrano olives, smashed and roughly chopped
1 Tbsp capers, drained and roughly chopped
1 cup grape tomatoes, halved (or sliced into thirds if large)
2 large beefsteak tomatoes (about 1 ½ lbs total), stems removed
¼ cup grated Parmesan cheese, plus more for sprinkling
¼ cup flat-leaf parsley, finely chopped

1. Cook pasta per pkg. directions, reserving ½ cup pasta cooking water before draining.

2. In large bowl, combine oil, garlic and ½ tsp each salt and pepper. Add olives, capers and grape tomatoes and toss to combine.

3. Cut ¼ in. off top of each beefsteak tomato and discard. Finely grate cut sides of tomatoes into bowl until skin is reached; discard skin.

4. Add pasta to tomato mixture, sprinkle with Parmesan and toss to coat, adding some reserved pasta water as necessary to make creamy sauce. Toss with parsley and sprinkle with Parmesan if desired.

ACTIVE	TOTAL	SERVES
20 MINUTES	20 MINUTES	4 PEOPLE

About 500 cal, 19 g fat (2.5 g sat), 14 g pro, 640 mg sodium, 73 g carb, 5 g fiber

'Tis the Season

Choose firm, smooth, brightly colored tomatoes without blemishes or bruises. Stored at room temperature, they'll last several days.

Prep Step!

Strip kale leaves by holding the end of each stem and pulling each side down and off in one motion, or fold like a closed book (think of the stem as the spine) and cut away the leafy part.

GRILLED LEMONY CHICKEN AND KALE

1. Heat grill to medium-high. In large bowl, combine 1 Tbsp each lemon juice and olive oil; 1 Tbsp fresh oregano (chopped); ½ tsp each garlic powder, Aleppo pepper and kosher salt; and ¼ tsp black pepper. Add 8 thin chicken cutlets (about 2 oz each; pounded to ¼-in. thick) and toss to coat. Let sit 3 min. (Resist marinating longer, as the lemon juice could start cooking the chicken.)

2. In second large bowl, toss 2 bunches Tuscan kale (thick stems stripped) with 2 Tbsp olive oil and ¼ tsp each salt and pepper.

3. Grill chicken until charred and cooked through, about 2 min. per side; transfer to plates. Grill kale, turning often, until charred and just tender, 3 to 4 min. total; transfer back to bowl. Grill 2 lemons (halved), cut sides down, until charred, 1 to 2 min.

4. Squeeze half of grilled lemon over kale and toss to combine, then toss with 1 oz Parmesan (shaved). Serve over chicken with additional shaved Parmesan and grilled lemon halves.

ACTIVE	TOTAL	SERVES
25 MINUTES	25 MINUTES	4 PEOPLE

About 309 cal, 15 g fat (3.5 g sat), 30 g pro, 595 mg sodium, 16 g carb, 3 g fiber

STEAK, PEACH + WATERCRESS SALAD

1. Heat broiler. Season one 1-lb hanger steak (trimmed) with ½ tsp each kosher salt and pepper and place on broiler-proof rimmed baking sheet. Broil to desired doneness, 3 to 4 min. per side for medium-rare. Transfer to cutting board and let rest 5 min. before slicing.

2. Meanwhile, in large bowl, whisk together 2 Tbsp olive oil, 1 ½ Tbsp sherry vinegar and ¼ tsp each salt and pepper. Add 3 peaches (pitted and cut into ½-in. wedges) and toss to coat.

3. Fold in ¼ cup toasted walnuts (roughly chopped), 2 oz blue cheese (crumbled), 2 Tbsp chopped chives and steak. Then fold in 1 bunch upland cress. Serve topped with additional chives if desired.

ACTIVE	TOTAL	SERVES
25 MINUTES	25 MINUTES	4 PEOPLE

About 406 cal, 27 g fat (8 g sat), 30 g pro, 578 mg sodium, 14 g carb, 2 g fiber

Fishing for Salmon

Here's how to distinguish the types from one another.

COHO

- Reddish-orange color
- Firm texture, delicate flavor
- Low fat content
- Wild-caught

SOCKEYE

- Deep red color
- Firm texture, rich flavor
- High fat content
- Wild-caught

ATLANTIC

- Pinkish-orange
- Rich flavor
- High fat content
- Farmed in the U.S.

KING

- Reddish orange to pinkish-red
- Meaty texture, buttery flavor
- Highest fat content
- Wild-caught or farmed

HERBY SALMON BURGERS

1	large egg
1	lb skinless salmon fillet, finely chopped
2	scallions, chopped
3	Tbsp fresh dill, chopped, divided
3	Tbsp flat-leaf parsley, chopped, divided
	Kosher salt and pepper
1	Tbsp olive oil
½	cup Greek yogurt
1	tsp lemon zest plus 2 Tbsp juice
4	brioche buns, toasted
8	leaves Bibb lettuce
2	Persian cucumbers or ½ English cucumber, shaved lengthwise
2	cups broccoli or radish sprouts

1. In medium bowl, beat egg until frothy. Fold in salmon, scallions, 2 Tbsp each dill and parsley and ¼ tsp each salt and pepper.

2. Heat oil in large skillet on medium. Spoon 4 mounds of salmon mixture (about ½ cup each) into skillet and flatten into ½-in.-thick patties. Cook patties until golden brown, 2 min. per side.

3. Meanwhile, in bowl, combine yogurt, lemon zest and juice, remaining Tbsp dill and parsley and ¼ tsp each salt and pepper.

4. Spread yogurt sauce on bottom buns (about 2 ½ Tbsp each) and top with lettuce, salmon patties, cucumber and sprouts; add top buns.

ACTIVE	TOTAL	SERVES
30 MINUTES	30 MINUTES	4 PEOPLE

About 380 cal, 13 g fat (3.5 g sat), 34 g pro, 580 mg sodium, 32 g carb, 3 g fiber

PART THREE

Summer Sides

BLISTERED SNAP PEAS

1	lb snap peas, strings removed
2	Tbsp olive oil
½	to 1 tsp gochugaru
	Kosher salt
½	lemon, plus wedges for serving
	Cilantro, for serving

1. Place grill basket on grill and heat grill and basket, covered, on high, 10 min.

2. In large bowl, toss snap peas with oil, gochugaru and ½ tsp salt. Add to grill basket and grill, tossing twice, until charred and just tender, 5 to 8 min.

3. Squeeze juice of ½ lemon on top and toss to combine. Transfer to shallow bowl or platter and serve with additional wedges and sprinkle with cilantro if desired.

ACTIVE	TOTAL	SERVES
15 MINUTES	15 MINUTES	4 PEOPLE

About 111 cal, 7 g fat (1 g sat), 4 g pro, 245 mg sodium, 10 g carb, 3 g fiber

Available at many grocery stores, gochugaru is a vibrant red Korean chile powder with a sweet, smoky and slightly fruity flavor. It's made primarily from a chile pepper called taeyangcho.

WATERMELON SALAD

1	scallion
3	Tbsp olive oil
2	Tbsp champagne vinegar
½	tsp ground sumac
	Kosher salt and pepper
3	lb watermelon, rind removed and cut into large triangular chunks
3	Persian cucumbers, smashed and then cut into ½-in. pieces
6	oz feta cheese, crumbled
⅓	cup whole-milk yogurt
¼	cup small fresh mint leaves
	Flaky sea salt, for serving

1. Finely chop white and light-green parts of scallion; thinly slice dark green part and set aside. In large bowl, whisk together oil, vinegar, sumac, chopped scallion and ½ tsp each salt and pepper. Add watermelon and cucumbers and gently toss to combine. Cover and refrigerate 10 min.

2. Meanwhile, in mini food processor, puree feta and yogurt until smooth. Spread onto serving platter.

3. Remove watermelon and cucumbers from marinade and arrange on top of sauce. Spoon 3 Tbsp marinade over top, then sprinkle with mint, sliced scallion and sea salt.

ACTIVE	TOTAL	SERVES
10 MINUTES	20 MINUTES	4-6 PEOPLE

About 111 cal, 7 g fat (1 g sat), 4 g pro, 245 mg sodium, 10 g carb, 3 g fiber

HEIRLOOM TOMATO SALAD

1⁄4	cup olive oil
2	Tbsp champagne vinegar
1	tsp honey
	Kosher salt and pepper
1	pint mixed-color cherry or grape tomatoes, halved
2	Tbsp finely chopped chives, plus more for serving
1	lb heirloom tomatoes, some sliced and some cut into wedges
	Small basil leaves, for serving

1. In medium bowl, whisk together oil, vinegar, honey and 1⁄2 tsp each salt and pepper. Add cherry tomatoes and chives and toss to combine.

2. Arrange heirloom tomatoes on plate and sprinkle with 1⁄4 tsp each salt and pepper. Spoon cherry tomato mixture on top. Top with additional chives and basil leaves.

ACTIVE	TOTAL	SERVES
15 MINUTES	15 MINUTES	6 PEOPLE

About 105 cal, 9.5 g fat (1.5 g sat), 1 g pro, 185 mg sodium, 6 g carb, 1 g fiber

GRILLED CABBAGE WEDGES WITH CREAMY CARAWAY DRESSING

1	Tbsp fresh lemon juice
½	tsp sugar
	Kosher salt and pepper
¼	cup olive-oil mayonnaise
2	Tbsp whole-milk yogurt
¼	tsp celery seed
¼	tsp caraway seed
1	small green cabbage (about 2 lbs)
1	Tbsp olive oil
	Chopped parsley, sliced scallions and cooked bacon, for serving

1. Heat grill to medium-high. In bowl, whisk together lemon juice, sugar and ½ tsp salt to dissolve. Whisk in mayonnaise, yogurt, celery and caraway seeds and ¼ tsp pepper.

2. Cut cabbage into 8 wedges, leaving core intact. Brush cabbage with oil, then place flat side down and grill until charred and just tender, 5 to 7 min. per side; transfer to platter.

3. Drizzle cabbage with dressing, then sprinkle with parsley, scallions and bacon if desired.

ACTIVE	TOTAL	SERVES
20 MINUTES	20 MINUTES	4 PEOPLE

About 178 cal, 14 g fat (2.5 g sat), 3 g pro, 364 mg sodium, 12 g carb, 5 g fiber

SUMMER SUCCOTASH

3	Tbsp fresh lemon juice
3	Tbsp olive oil, divided
	Kosher salt and pepper
1	medium shallot, finely chopped
8	oz cherry tomatoes, halved
8	oz green beans, trimmed and thinly sliced on a bias
1	lb zucchini (about 3 medium), halved lengthwise
4	medium ears corn, husked
½	cup torn basil leaves

1. Heat grill to medium-high.

2. In large bowl, whisk together lemon juice, 2 ½ Tbsp oil and ½ tsp each salt and pepper; stir in shallot. Fold in tomatoes and beans. Let marinate.

3. In medium bowl, toss zucchini with remaining ½ Tbsp oil and ½ tsp salt. Place corn and zucchini, cut sides down, on hot grill. Cover and grill zucchini until grill marks appear, 3 to 4 min., then flip and cook 1 min. more. Grill corn until lightly charred and cooked through, turning occasionally, about 10 to 12 min. Transfer vegetables to cutting board as they finish cooking.

4. When cool enough to handle, cut zucchini in half lengthwise, then chop into ½-in. pieces. Cut corn kernels from cobs (you should have about 2 cups). Add zucchini and corn kernels to bowl with tomatoes and toss to combine, then fold in basil. Serve at room temp or chilled.

ACTIVE	TOTAL	SERVES
30 MINUTES	40 MINUTES	6-8 PEOPLE

About 178 cal, 14 g fat (2.5 g sat), 3 g pro, 364 mg sodium, 12 g carb, 5 g fiber

MARINATED MUSHROOMS

½	cup olive oil
3	Tbsp white wine vinegar
2	Tbsp fresh lemon juice
1	Tbsp maple syrup
2	Tbsp chopped fresh flat-leaf parsley
2	Tbsp chopped fresh dill
	Kosher salt and pepper
1	lb cremini mushrooms, thinly sliced

In large bowl, whisk together oil, vinegar, lemon juice, maple syrup, parsley, dill and ½ tsp each salt and pepper. Add mushrooms and gently toss to combine. Let sit at room temp, tossing occasionally, until tender, at least 1 hr. Transfer to jars and store in refrigerator up to 3 days.

ACTIVE	TOTAL	SERVES
30 MINUTES	35 MINUTES	8 PEOPLE

About 35 cal, 2.5 g fat (0.5 g sat), 1 g pro, 25 mg sodium, 3 g carb, 0 g fiber

Top Topper

Crispy chickpeas add crunch (and protein!) to a salad. Bonus: They are super simple to prep and make a fabulous snack as well.

CAESAR SALAD WITH GRILLED RADISHES

FOR VEGAN CAESAR DRESSING

¼ cup olive oil
1 tsp grated lemon zest plus ⅓ cup lemon juice
¼ cup tahini
1 Tbsp nutritional yeast
1 Tbsp Dijon mustard
2 tsp capers plus 1 tsp caper brine
1 small clove garlic, finely grated
Kosher salt and pepper

FOR SALAD

4 thick slices bread
3 Tbsp olive oil, divided
2 small red onions, cut into thick rings
Kosher salt and pepper
2 bunches small radishes
1 clove garlic
2 heads Little Gem lettuce or romaine hearts, leaves separated
Crispy Chickpeas (optional, recipe on p. 80)

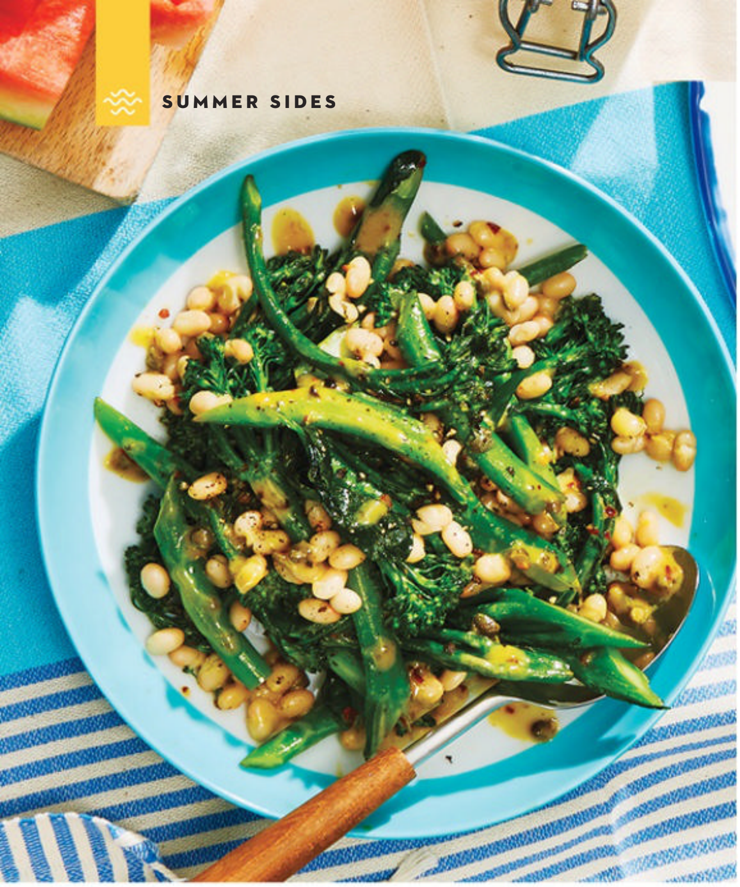
1. Heat grill to medium. In mini food processor, puree all dressing ingredients until smooth, adding water 1 Tbsp at a time to adjust to desired consistency; set aside.

2. Make salad: Brush bread with 1 ½ Tbsp oil. Brush onion slices with 1 Tbsp oil and season with ¼ tsp each salt and pepper. Toss radishes with remaining ½ Tbsp oil and season with a pinch of salt; thread onto small skewers. Grill bread until toasty, 2 to 3 min. per side; immediately rub with garlic. Grill onion and radishes until tender, about 5 min. per side for onion slices and 6 to 8 min. for radishes.

3. Tear bread into pieces and separate onion rings. Toss lettuce with half of dressing to coat. Gently fold in grilled croutons and onion rings. Serve with radish skewers and Crispy Chickpeas if desired. Use remaining dressing for drizzling.

ACTIVE	TOTAL	SERVES
20 MINUTES	20 MINUTES	4 PEOPLE

About 470 cal, 33 g fat (4 g sat), 12 g pro, 532 mg sodium, 36 g carb, 11 g fiber



WHITE BEAN + BROCCOLINI SALAD

	Kosher salt and pepper
1	lb Broccolini, trimmed (about 3 bunches)
3	Tbsp olive oil
1	tsp grated lemon zest plus 2 Tbsp juice
2	Tbsp honey mustard
½	tsp red pepper flakes
2	Tbsp capers, drained and chopped
1	15.5-oz can small white beans, drained

1. In large pot of salted boiling water, cook Broccolini until stalks are crisp-tender, 2 min. Drain and transfer to ice bath to cool. Drain and pat dry, then cut into large pieces.

2. In large bowl, whisk together oil, lemon zest and juice, mustard, red pepper flakes and ¼ tsp each salt and pepper; stir in capers. Add Broccolini and beans; toss to coat.

ACTIVE	TOTAL	SERVES
20 MINUTES	20 MINUTES	6 PEOPLE

About 145 cal, 7.5 g fat (1 g sat), 6 g pro, 375 mg sodium, 19 g carb, 6 g fiber

MIXED GREENS WITH APRICOT VINAIGRETTE

½	cup white wine vinegar
¼	cup dried apricots
¼	cup olive oil
1	tsp Dijon mustard
1	shallot, finely chopped
1	head butter lettuce, torn
2	bunches upland cress
2	scallions, thinly sliced
1	small Persian cucumber, thinly sliced
¼	cup dill, chopped
2	oz feta cheese, crumbled

1. Place vinegar and apricots in small saucepan. Bring to a boil and boil 2 min. Remove from heat and let sit 10 min. Strain into measuring cup (you should have about 4 Tbsp vinegar); reserve apricots.

2. Finely chop apricots. In small bowl, whisk together oil, mustard and 2 Tbsp apricot vinegar; stir in shallot and apricots.

3. Toss together lettuce, cress, scallions, cucumber and dill, then toss with vinaigrette. Serve sprinkled with feta.

ACTIVE	TOTAL	SERVES
15 MINUTES	25 MINUTES	8 PEOPLE

About 110 cal, 8.5 g fat (2 g sat), 3 g pro, 85 mg sodium, 7 g carb, 1 g fiber

CHICKPEA SALAD WITH SMASHED CUCUMBERS

12	oz Persian cucumbers
	Kosher salt and pepper
2	Tbsp fresh lemon juice
1	tsp honey
2	Tbsp olive oil
1	Tbsp capers, drained and roughly chopped
¼	tsp dried oregano
½	very small red onion, finely chopped
1	jalapeño, seeded and finely chopped
1	15-oz can chickpeas, rinsed
12	oz mixed cherry and grape tomatoes (halved or sliced)
½	cup flat-leaf parsley, chopped
	Crumbled feta cheese, for serving

1. With side of chef's knife, bash cucumbers slightly to crush, halve lengthwise, then cut each into 4 to 6 chunks. Transfer cucumbers to bowl and toss with 2 tsp salt. Let sit 10 min.

2. Meanwhile, in large bowl, whisk together lemon juice and honey to dissolve. Whisk in oil, capers, oregano and ¼ tsp each salt and pepper. Add onion, jalapeño and chickpeas and toss to combine. Let sit at least 10 min.

3. Transfer cucumbers to colander and rinse, then shake off as much water as possible. Add to bowl with dressing, along with tomatoes and parsley, and toss to combine. Serve topped with feta if desired.

ACTIVE	TOTAL	SERVES
25 MINUTES	25 MINUTES	4-6 PEOPLE

About 156 cal, 7g fat (1 g sat), 5 g pro, 358mg sodium, 22 g carb, 5 g fiber

Best Dressed

Smashing and salting cukes helps release moisture and creates crevices for dressing. Use the side of a chef's knife to press down, smashing the veggie, then halve lengthwise before cutting into pieces. Toss with salt and let sit 10 min.

PART FOUR

Summer Snacks + Desserts

ROASTED PEPPER DIP

In food processor, pulse 1 cup roasted almonds to finely chop. Add 1 cup Marinated Peppers (recipe on p. 46), 1 scallion (chopped) and 2 Tbsp flat-leaf parsley and process until nearly smooth. Adjust seasoning with vinegar, kosher salt and pepper as needed.

ACTIVE	TOTAL	SERVES
10 MINUTES	10 MINUTES	4 PEOPLE

Per ¼ cup: about 102 cal, 8 g fat (0.8 g sat), 3 g pro, 100 mg sodium, 8 g carb, 1 g fiber

CRISPY CHICKPEAS

Rinse one 15-oz can chickpeas; pat very dry with paper towels, discarding any loose skins. On rimmed baking sheet, toss with 1 Tbsp olive oil and ¼ tsp each kosher salt and pepper. Roast at 425°F, shaking occasionally, until crisp, 30 to 40 min. Remove from oven, transfer to bowl and toss with ½ tsp grated lemon zest. Chickpeas will continue to crisp as they cool.

ACTIVE	TOTAL	MAKES
5 MINUTES	35 MINUTES	1 CUP

Per ¼-cup serving: about 110 cal, 5 g fat (0.5 g sat), 4 g pro, 240 mg sodium, 13 g carb, 4 g fiber

BLACKBERRY-ORANGE YOGURT POPS

Pulse 1 cup plain whole milk yogurt, 2 Tbsp honey (or agave syrup or your favorite sweetener), and 1 cup blackberries in a food processor until broken down but still chunky. In small bowl, whisk 2 Tbsp each yogurt and honey with finely grated zest of 1 orange (about 2 Tbsp) until smooth. Alternate spoonfuls of yogurt mixtures into ice pop molds, then use toothpick to create a swirl pattern. Insert craft sticks and freeze overnight.

ACTIVE	TOTAL	SERVES
10 MINUTES	10 MINUTES (+ freezing)	10 PEOPLE

About 100 cal, 2 g fat (1 g sat), 2 g pro, 25 mg sodium, 20 g carb, 2 g fiber

MATZO TOASTS

OPTION 1

avocado + cucumber + red pepper + olive oil

OPTION 2

peanut butter + banana + blueberries + toasted almonds + maple syrup

OPTION 3

cream cheese + strawberries + pistachios + honey

OPTION 4

hummus + radishes + chives

ACTIVE	TOTAL	SERVES
10 MINUTES	10 MINUTES	4 PEOPLE

About 200 cal, 5 g fat (2 g sat), 7 g pro, 200 mg sodium, 30 g carb, 4 g fiber

GRILLED PEACH CAPRESE

2 peaches, each cut into 8 wedges
2 Tbsp plus 2 tsp olive oil
1 tsp grated Meyer lemon zest plus 1 1⁄2 Tbsp lemon juice
1 tsp honey
Kosher salt and pepper
1⁄4 cup roasted almonds, chopped
12 oz fresh mozzarella
1⁄4 cup fresh basil, torn, plus small leaves, for serving

1. Heat grill to medium-high. Brush peaches with 2 tsp oil and grill until grill marks appear, about 1 min. per side. Transfer to plate and let cool slightly.

2. In small bowl, whisk together lemon juice, honey and 1⁄4 tsp each salt and pepper until honey has dissolved. Whisk in remaining 2 Tbsp oil; stir in lemon zest and almonds.

3. Slice mozzarella, arrange on platter and top with peaches. Fold basil into almond mixture and spoon over peaches. Sprinkle with cracked pepper and small basil leaves if desired.

ACTIVE	**TOTAL**	**SERVES**
15 MINUTES	**15** MINUTES	**4-6** PEOPLE

About 325 cal, 28 g fat (11 g sat), 14 g pro, 135 mg sodium, 9 g carb, 2 g fiber

STAR FRUIT-COCONUT WATER SLUSHIE WITH LEMONGRASS

2	medium star fruit (8 oz total)
1 ½	cups coconut water
1	Tbsp grated lemongrass
2	tsp fresh lime juice
	Kosher salt

Roughly chop star fruit and freeze until hard, about 3 hr. In blender, puree frozen star fruit, coconut water, lemongrass, lime juice, and ⅛ tsp kosher salt until smooth. Taste and add additional lemongrass and lime juice if desired. Serve with additional star fruit and lemongrass if desired.

ACTIVE	TOTAL	SERVES
30 MINUTES	3 HOURS 5 MINUTES	2 PEOPLE

About 77 cal, 0.5 g fat (0 g sat), 2 g pro, 178 mg sodium, 18 g carb, 3 g fiber

BERRY OAT CRUMBLE BARS

1	lb berries (blueberries, blackberries, raspberries, or a combination), coarsely chopped
1	Tbsp balsamic vinegar
1	tsp cornstarch
1	cup all-purpose flour
¾	cup coconut oil
½	cup whole-wheat flour
½	cup white rice flour
½	cup rolled old-fashioned oats
½	cup coconut sugar
½	cup walnuts
¼	tsp ground cinnamon
¼	tsp kosher salt

1. In medium bowl, toss berries with vinegar and cornstarch.

2. Heat oven to 350°F. Line 8-in. square baking pan with parchment, leaving an overhang on two sides.

3. In food processor, pulse remaining ingredients to form coarse crumbs. Press half of mixture into prepared pan, then spread berries gently across surface to form an even layer. Sprinkle with remaining crumb mixture and press into pan.

4. Bake until top is golden brown, 30 to 40 min. Let cool completely in pan. Use parchment overhangs to transfer to cutting board and cut into 16 squares. Refrigerate until ready to eat.

ACTIVE	TOTAL	SERVES
10 MINUTES	50 MINUTES	16 PEOPLE

About 225 cal, 13 g fat (8.5 g sat), 3 g pro, 35 mg sodium, 26 g carb, 3 g fiber

PEACH MELBA ICE POPS

1	cup plus 2 Tbsp full-fat vanilla yogurt
1/8	tsp pure almond extract
1	cup raspberries, thawed if frozen
1½	cups peeled peach chunks (from about 2 ripe peaches, thawed if frozen)

1. In bowl, combine yogurt and almond extract. In blender, puree raspberries until smooth; transfer to separate bowl. Clean blender and puree peaches until smooth.

2. Layer raspberries, peaches and yogurt in six 2.5-oz ice pop molds; repeat until each mold is full. Insert craft sticks and freeze until set, at least 4 hr. or up to 1 week.

ACTIVE	TOTAL	MAKES
20	20	6
MINUTES	MINUTES (+ freezing)	POPS

About 65 cal, 2 g fat (1 g sat), 2 g pro, 30 mg sodium, 11 g carb, 2 g fiber

BLACKBERRY TART

2	refrigerated rolled piecrusts
3	6-oz containers blackberries, divided
3/4	cup confectioners' sugar, divided
3	Tbsp fresh lime juice, divided, plus zest for sprinkling
16	oz mascarpone cheese, at room temp
1½	Tbsp chopped fresh mint, plus more for sprinkling

1. Heat oven to 425°F. Fit piecrusts into bottom and up sides of 8- by 11-in. tart pan with removable bottom, slightly overlapping in middle of pan; trim excess. Place on rimmed baking sheet; prick bottom with fork. Line with parchment, leaving 2-in. overhang; fill with pie weights. Bake until beginning to brown around edges, 12 to 15 min. Remove parchment and weights. Bake until light golden brown, 4 to 5 min.; cool.

2. In blender, puree 1 container blackberries, 2 Tbsp sugar and 1½ Tbsp lime juice. Using fine-mesh sieve, strain into small bowl; discard seeds.

3. Using electric mixer fitted with whisk attachment on medium speed, whisk together mascarpone and ½ cup sugar until stiff peaks form. Fold in blackberry puree.

4. In bowl, toss mint, remaining 2 containers berries, 2 Tbsp sugar and 1½ Tbsp lime juice; let sit 5 min. Spread mascarpone mixture in crust. Top with berries and juices. Sprinkle with lime zest and mint.

ACTIVE	TOTAL	SERVES
25	40	10
MINUTES	MINUTES	PEOPLE

About 375 cal, 26 g fat (15.5 g sat), 5 g pro, 210 mg sodium, 34 g carb, 2 g fiber

◁

Use coconut ice cream instead of vanilla for a tropical (and dairy-free) twist.

SPICED GRILLED PINEAPPLE

3	Tbsp coconut sugar
2	tsp ground cinnamon
1	tsp ground cardamom
1	medium pineapple, rind removed, cut into ½-in.-thick rounds (about 8 slices total)
	Vanilla ice cream and grated lime zest, for serving

1. Heat grill to medium-low.

2. In shallow bowl, mix together coconut sugar, cinnamon and cardamom.

3. Sprinkle each side of pineapple slices with coconut sugar mixture (about ½ tsp per side), rubbing mixture into pineapple. Grill until deep golden brown and caramelized, 3 to 4 min. per side.

4. Transfer to plates or platter. Serve with vanilla ice cream and sprinkle with lime zest if desired.

ACTIVE	TOTAL	SERVES
10 MINUTES	10 MINUTES	6 PEOPLE

About 105 cal, 0.5 g fat (0 g sat), 1 g pro, 5 mg sodium, 28 g carb, 1 g fiber

GRILLED BREAD WITH GOAT CHEESE + BERRIES

Toss together 3 cups mixed berries (sliced if large) and 2 tsp fresh lime juice. Spread ½ cup goat cheese (at room temp) on four 1-in.-thick slices country bread (grilled) and spoon berries on top. Sprinkle with 2 Tbsp small mint leaves and 1 ½ Tbsp chopped candied ginger.

ACTIVE	TOTAL	MAKES
15 MINUTES	15 MINUTES	4 TOASTS

About 220 cal, 5.5 g fat (2.5 g sat), 7 g pro, 220 mg sodium, 38 g carb, 6 g fiber

SPEEDY DILL DIP

2	cups plain Greek yogurt
2	tsp grated lemon zest plus 1 Tbsp lemon juice
	Kosher salt and pepper
2	scallions, finely chopped
¼	cup flat-leaf parsley, chopped
¼	cup fresh dill, roughly chopped, plus more for sprinkling

In bowl, combine yogurt, lemon zest and juice and ½ tsp each salt and pepper. Fold in scallions, parsley and dill. Serve topped with more dill and cracked pepper.

ACTIVE	TOTAL	MAKES
10 MINUTES	10 MINUTES	2.5 CUPS

Each Tbsp about 15 cal, 0.5 g fat (0.5 g sat), 1 g pro, 30 mg sodium, 1 g carb, 0 g fiber

Double Duty

Use this creamy dip as a sauce for roasted salmon or grilled shrimp or as a spread to upgrade your next BLT or chicken sandwich.

GOOD HOUSEKEEPING
SUMMER MEDITERRANEAN DIET

HEARST
specials

JACQUELINE DEVAL
VP, Publisher

ZACH MATTHEUS
Group Creative Director

TRACY TOSCANO
Project Art Director

THERESA DOUGHERTY
Executive Editor

JULIE HAVERKATE
Editor

LAURENE CHAVEZ,
VALERY SOROKIN
Associate Art Directors

CINZIA REALE-CASTELLO
Senior Photo Editor

MARIA RAMROOP
Deputy Managing Editor

MARLI HIGA
Copy Editor

GOOD HOUSEKEEPING
JANE FRANCISCO
Editor in Chief & Editorial Director,
Hearst Lifestyle Group

MELISSA GEURTS
Creative Director

KATE MERKER
Chief Food Director

PUBLISHED BY HEARST
STEVEN R. SWARTZ
President &
Chief Executive Officer

WILLIAM R. HEARST III
Chairman

FRANK A. BENNACK, JR.
Executive Vice Chairman

HEARST MAGAZINE MEDIA, INC.
DEBI CHIRICHELLA
President

LISA RYAN HOWARD
Global Chief Revenue Officer

KATE LEWIS
Chief Content Officer

REGINA BUCKLEY
Chief Financial & Strategy Officer;
Treasurer

BRIAN MADDEN
Senior Vice President,
Consumer Revenue & Development

JONATHAN WRIGHT
President,
Hearst Magazines International

CATHERINE A. BOSTRON
Secretary

GILBERT C. MAURER, MARK F. MILLER
Publishing Consultants

© 2023 by Hearst Magazine Media, Inc. 300 W. 57th Street, New York, NY 10019.
Good Housekeeping is a registered trademark of Hearst Communications, Inc. All rights reserved.

No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher, except by a reviewer, who may quote brief passages in a review.

PHOTO CREDITS
Mike Garten Cover, 1, 2–3, 13, 20, 22, 24, 26–27, 29, 30, 31, 34–61, 64–77, 80, 81, 82–83, 84–85, 86–87, 89, 90, 92–93, 94, 95 Adobe Stock 5, 7 (top), 8, 15, 32–33 Getty Images 6, 7, 9, 10, 11, 17, 78–79 Con Poulos 16 Suchita Kalele/Stocksy 18–19 Christopher Testani 21 Brian Woodcock 25, 91 Helen Rushbrook/Stocksy 62–63 Danielle Daly 88

Please Recycle This Magazine
Remove Inserts or Samples Before Recycling

BLOCK HEARTBURN.
ALL NIGHT LONG.

ONE PILL A DAY.
24 HOURS.
ZERO
HEARTBURN.

Treats FREQUENT Heartburn!
24 HR
Prilosec
omeprazole delayed-release tablets
20 mg / acid reducer
OTC®

*IT'S POSSIBLE WHILE TAKING PRILOSEC OTC®. USE AS DIRECTED FOR 14 DAYS TO TREAT FREQUENT HEARTBURN. NOT FOR IMMEDIATE RELIEF.

Bloating
Gas
DIETARY SUPPLEMENT
#1 DOCTOR RECOMMENDED BRAND‡
align PROBIOTIC
WOMEN'S DUAL ACTION
❶ GUT HEALTH
PROBIOTIC helps soothe occasional abdominal discomfort, gas, & bloating*
❷ FEMININE HEALTH
PROBIOTICS & BOTANICAL help support vaginal health & monthly mood balance*
*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

OCCASIONAL DIGESTIVE UPSETS CAN MAKE FOR A BUMPY RIDE

#1 DOCTOR AND GYNECOLOGIST RECOMMENDED PROBIOTIC BRAND‡

When your gut and vaginal bacteria are out of balance, you may feel it. **Align Women's Dual Action Probiotic** adds more healthy bacteria to naturally help soothe occasional digestive upsets **and** support vaginal health.*

Help calm the waters with Align.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

‡AMONG DOCTORS AND GYNECOLOGISTS WHO RECOMMENDED A BRAND OF PROBIOTIC IN A PROVOICE 2022 SURVEY.